2010

LIFETIME

Once in a Lifetime....

Masacksic-2010

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Longmeadow High School

95 Grassy Gutter Road
Longmeadow, MA 01106

DEDICATION

Jahirah Stone was a daughter, sister, athlete, and friend who lived her life to the fullest. She will always be remembered for her sportsmanship and individuality. Jahirah went full force into everything, never letting other people push her down or tell her something was impossible. Jahirah had a great sense of style, always wearing neon colors and memorable outfits. She loved singing and swimming and was up for any athletic challenge. To everyone who met her, she was a beautiful person, and she will always be missed by all who knew her. This yearbook is dedicated to Jahirah Baja Stone on behalf of the graduating class of 2010. Using Jahirah as an example, the senior class should pursue their goals and appreciate every day of their future.

- Amelia Houghton and Bonnie Shallbetter (2010)

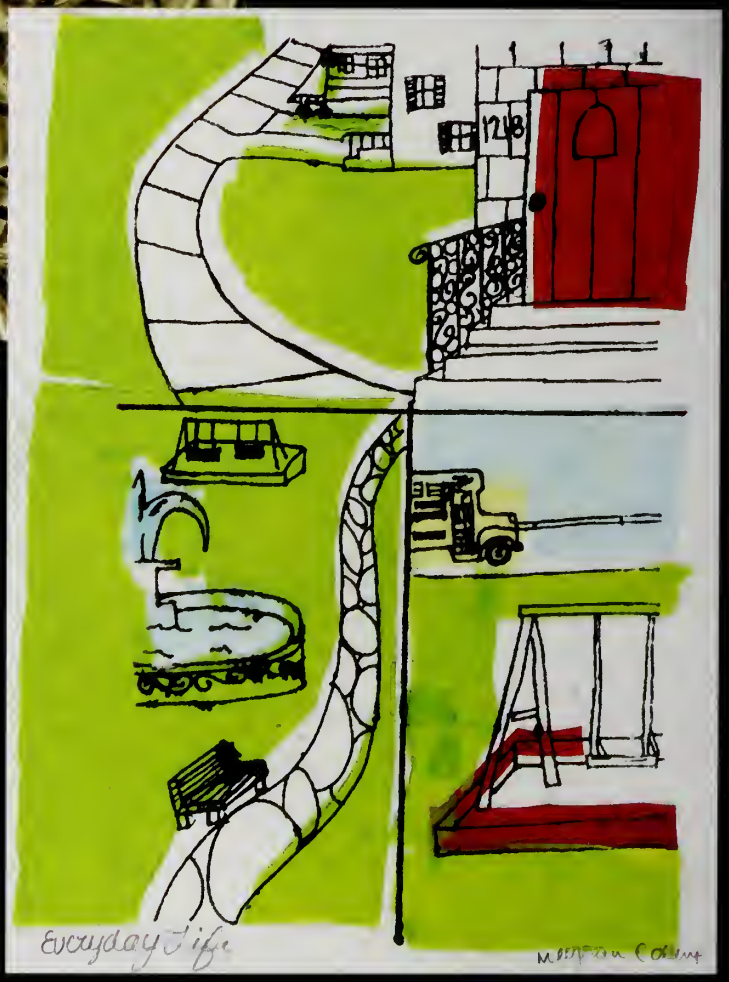
DEDICATION

We wish to thank Mrs. Vivian Morse, the chairperson of the Business and Technology Department, as she enters a new stage of her life. She will be retiring from Longmeadow High School after 20 years of teaching. Mrs. Morse has been the advisor to the Business Professionals of America, taking dozens of students away each spring to compete against other schools in the state and nation. She also was instrumental in creating the Business and Technology Center, the BTC. Her enthusiasm and can do attitude will sorely be missed. As Mr. Flanagan, her fellow teacher says, "Mrs. Morse is the glue that holds this department together." We will miss her warm smile, positive attitude, and passion for teaching that she displays on a daily basis.

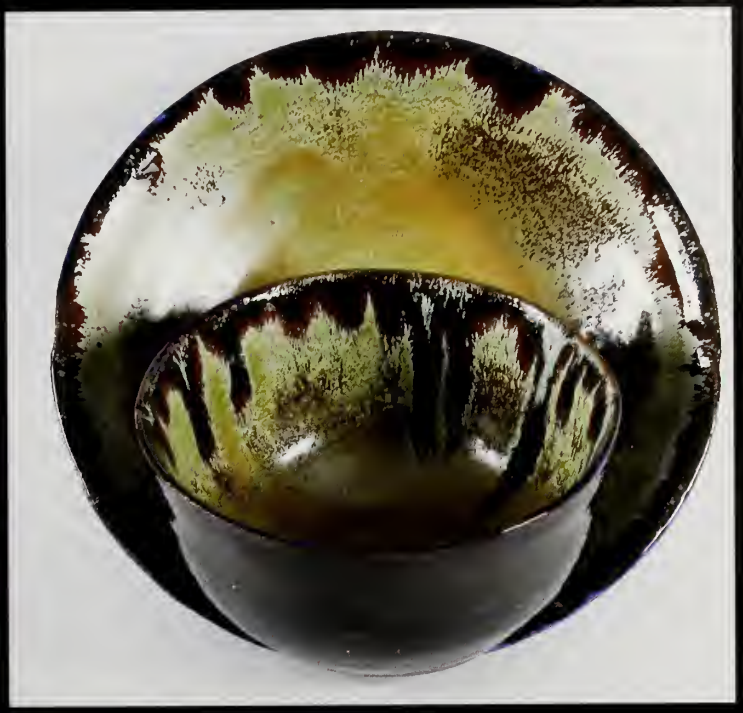
Once in a Lifetime...

Artwork

Jillian Bertuzzi



Maddy Collins

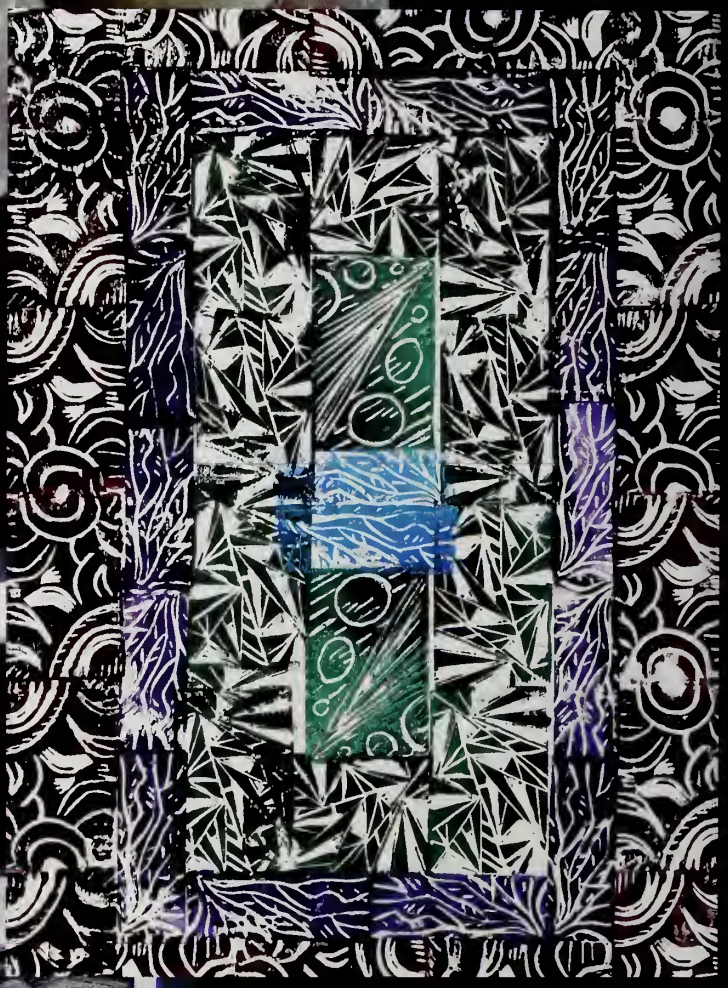


Nicole Greene

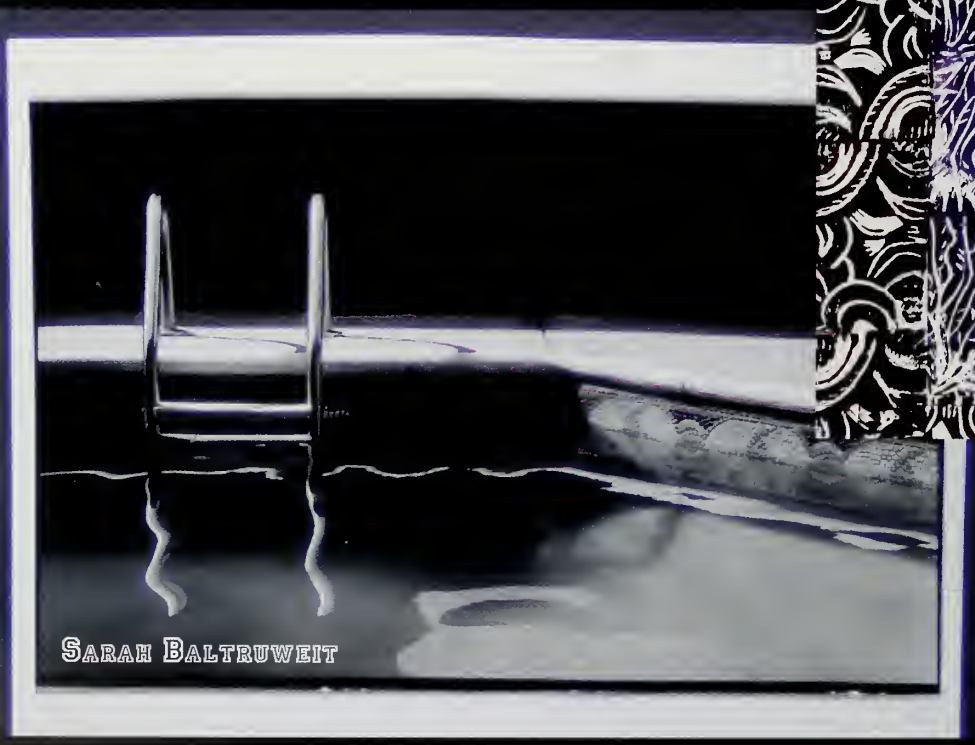
Jillian Bertuzzi

Mara Lasko

Jillian Bertuzzi



Kateri Quirk



Sarah Baltruweit

Jessica Chatman

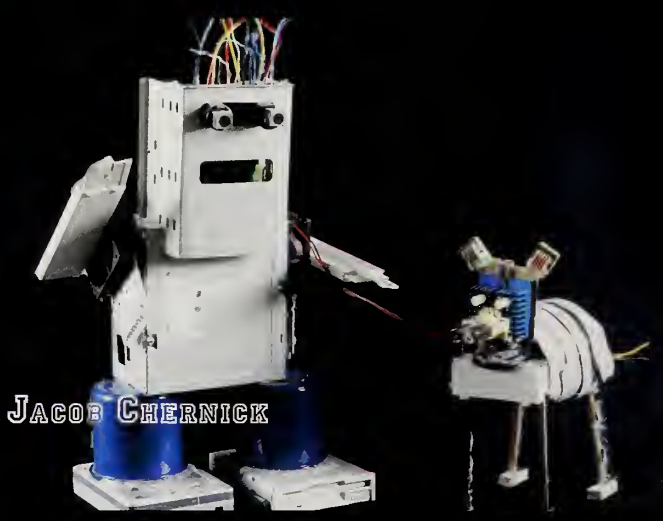
Jillian Bertuzzi

Christina Kapinos

Artwork by
Jillian Bertuzzi

Artwork by Mara Lasko

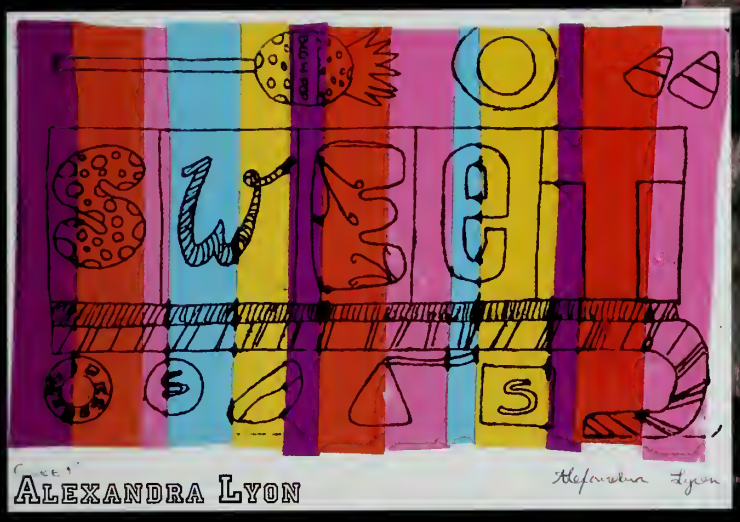
Max Bean



Jacob Chernick

Hannah Macpherson

Rachel Desrochers

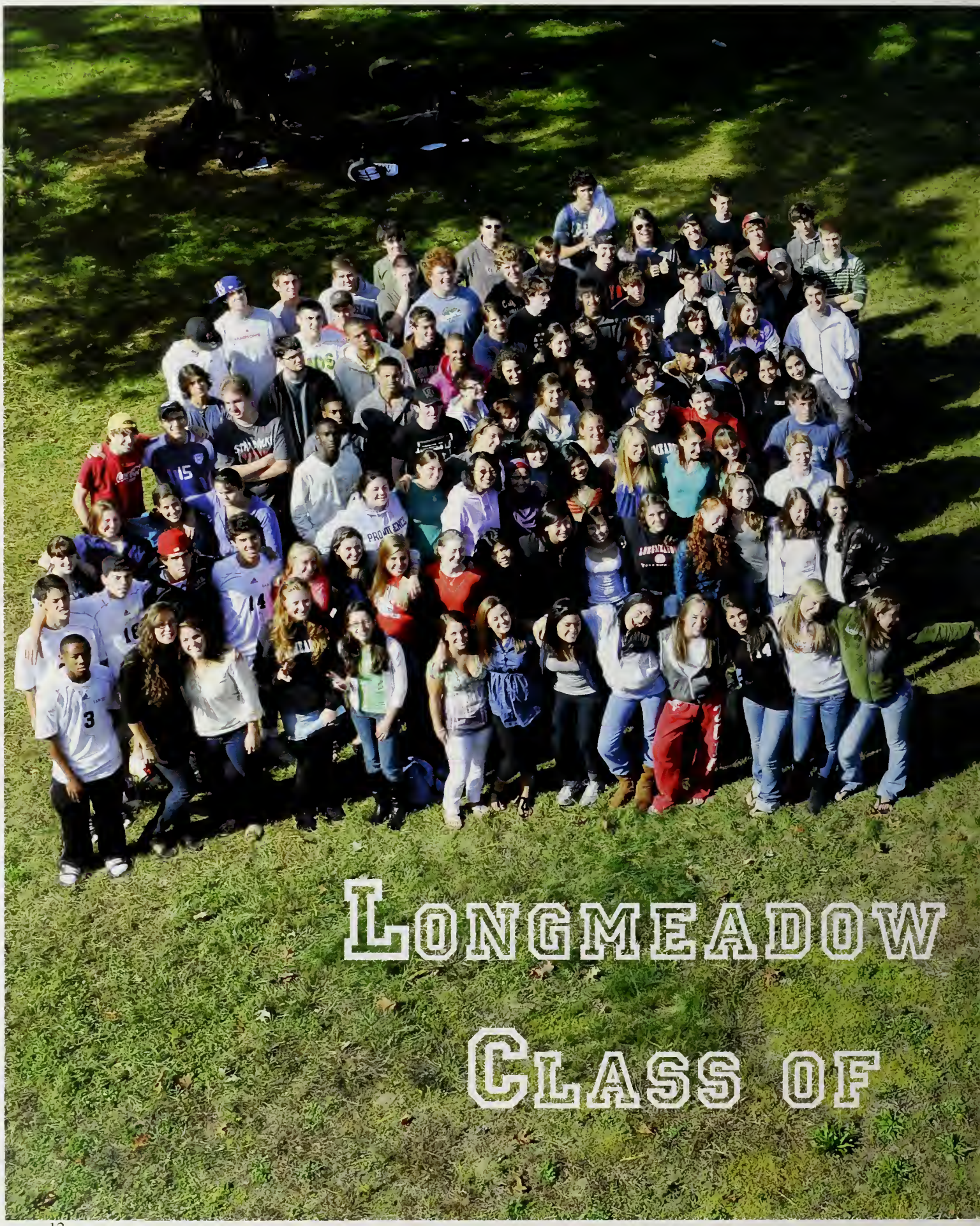


Alexandra Lyon

Nicole Nystrom

Nicole Nystrom

Kateri Quirk


Longmeadow
Class of

High School 2010

SENIORS

Once in a Lifetime... Once in a Lifetime... Once in a Life

Dear Class of 2010,

An impossible task it surely is to sum up four years worth of experience in a single page. The countless memories, the incalculable emotions, the indescribable feelings: they cannot be communicated through a scant few words nor can they be adequately conveyed through the trite platitudes so often used in reference to youth. Any attempt at epistolary nostalgia is weak and fruitless when compared with the raw emotions of having lived it, the feeling that rises out of you when remembering years past, friendships formed, new heights reached and identities discovered. It is, therefore, not the purpose of this letter to simply summarize our experience at Longmeadow High School but rather to tender to The Class of 2010 a few final words.

The first: never forget the people that shaped you. We all are, each of us, a reflection of our environment and a product of our experience. Whether recognized or not, every parent, teacher, friend, enemy, mentor, pupil, acquaintance or stranger has played a part in the making of who you are. As you go forward, understand both the impact others can and will have on you as well as the impact you may have on others.

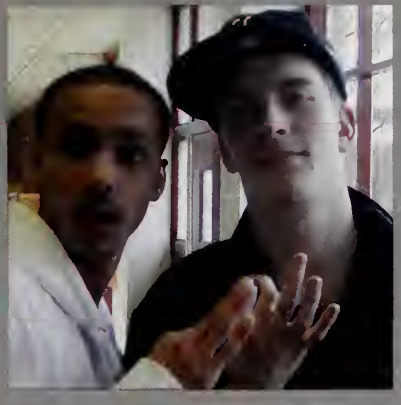
The second: always remain yourself. Do not change in the name of conformity or alter for the sake of convenience. Recognize that it is your individuality that gives distinct meaning to your life and distinguishes you from the rest of humanity. Spend less time pondering on whom you would like to be and more time working on becoming that person. Mature, yes, but do not age. Always remember that above all others, one must be honest with one's self.

The third and final: understand that this is not an end but a beginning. An entire lifetime lies ahead of you, just waiting to be lived. Think not of the things you leave behind, but rather of the innumerable opportunities that lie behind you. Your life is not broken into chapters. It is sung continuously as a single wondrous poem over which you have complete creative control. Let none of your creativity go unused, allow not a drop of your effort to be spared, give nothing less than everything you have.

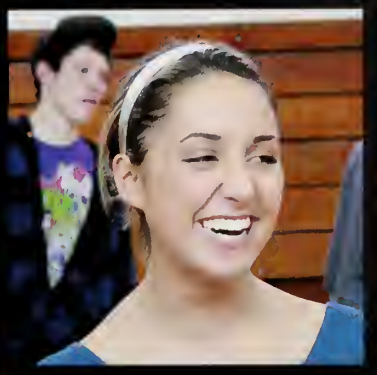
It is with youthful vitality and boundless energy that you must go forth into the world, to discover all it has to offer, to leave no opportunities wasted and not a single "what if" asked. We have seen your potential and we marvel at its magnificence. We believe in you more than you will ever know. We love you and wish that the wind be eternally at your back and every door open to you.

Sincerely,
Senior Class Officers

The Senior Class Officers..strike a pose.
Senior Class Advisers Mark Cormier and Kayla Werlin



World
AIDS
Day
UNAIDS



LANCER

Kristen Adams

Fashion Technology-10,11,12
Skiing-11
Abercrombie-11,12

"Life is not measured by the breaths you take, but by the moments that take your breath away."

Brian Ahearn

BAHEARN

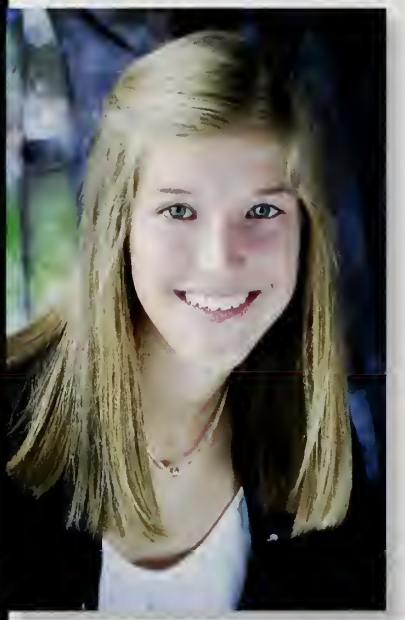
Indoor Track-9,10,11,12
Acafella-12
Six Flags-11,12

Ian Altman

Alty, Altman

Varsity Wrestling-9,10,11,12
JCC Counselor-12
Key Club-11,12
BPA-10,11,12
DJST-10,11,12 Recreation Director
'09 Western Massachusetts Champion
Massachusetts State Finalist '09

"I hated every minute of training, but I said 'Don't quit. Suffer now and live the rest of your life as a champion.'" - Muhammad Ali



Erin Amato

Erbear, Bearbear, EMOTTS

Soccer-9 Captain
Indoor Track-9,10,11,12
Outdoor Track-10,11
Key Club-10,11
Youth Council-9,10,11,12
Ultimate-12
Shoenique

Senior Class Play
Powder Puff

"Nothing is ever easy." - T.G.

Megan Anderson

Meg, Meggy, Meggo, Manders

Varsity Ski Team-9,10,11,12
Captain
Field Hockey-11
Soccer-9
Outdoor Track-10
Lacrosse Manager-9
Key Club-9,10,11
France-10
Yearbook-12
GWD-10,11,12

Senior Class Play
Powder Puff

"Stuff happens...suck it up and get over it."

"Caitlin! Close the window!"- Ski Team '09

Michael Anderson

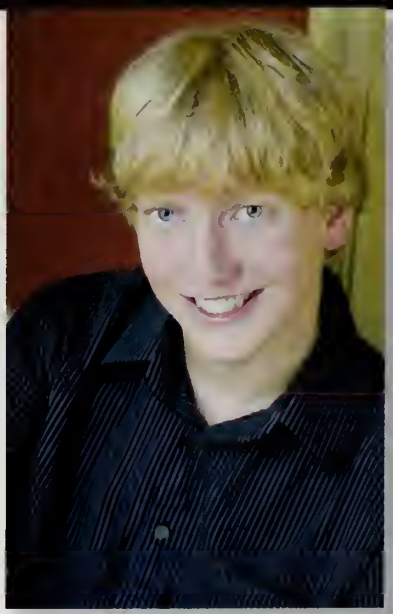
Manderson, Manderson Jr.

Ski team-11,12
Track-10,11,12
Key Club-10,11
Senior Class Play

"Cinema is a matter of what's in the frame and what's out." -Martin Scorsese

"Float like a butterfly, sting like a bee." -Muhammad Ali

"A person should not believe in an "-ism," he should believe in himself. I quote John Lennon, "I don't believe in the Beatles, I just believe in me." - Ferris Bueller



Matthew Armstrong

Stretch, Leg Weak

Ultimate Frisbee

"Get Skyed."

Alexandria Ascioti

Alex, Al, Shotty

Key Club-9,11,12
DJST-9,10,11
French Club-11,12
Outdoor Track-9,10,11,12
Soccer-9,10
Big Y-11,12
Senior Class Play Producer
NHS-11,12

"Closing time, every new beginning comes from some other beginning's end." -Semisonic

"What you don't have, you don't need it now. What you don't know, you can feel it somehow."- U2

Christian Banda

Outdoor Track-9,10,11
Indoor Track-9,10
Football-9
Lyrics-11,12
I Cantori-11

"What progress we are making. In the Middle Ages they would have burned me. Now they are content with burning my books." - Sigmund Freud

Christopher Barnhart

Chris, Barnhart, C-barn, Barney

Tennis-10,11,12
Tennis Instructor-11,12
Key Club-9
Basketball-9
Cross Country-9

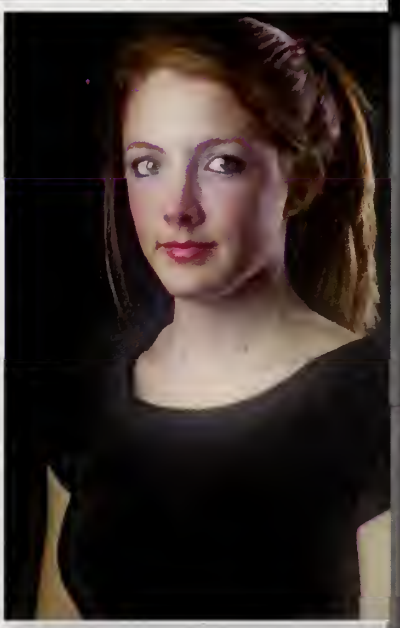
"Motivation is what gets you started. Habit keeps you going." - Unknown

Jeremy Barr

Jet Jotter-10,11,12 Writer, Assistant Features Editor, Sports Editor
NHS-11,12 Member, VP
Varsity Tennis-9,10,12
USTA-9,10,11
Special Olympics Coach-10,11,12 Soccer, Bocce, Tennis, Track
DJST-9,10,11,12 Member, Secretary, VP

"There is no passion to be found playing small- in settling for a life that is less than the one you are capable of living." - Nelson Mandela

Laura Barry



Max Bean

"Muchacha Sucia, Ha ha ha, you go to public school."

Mary-Hope Beaulac

M-hope, M-ho, Mer, Booboo

Basketball-9
Varsity Softball-9,10,11
Indoor Track-10,11
Green Wood Parks and Rec.-12

"Don't do drugs."

Kathryn Belkin

Swimming and Diving-9,10,11,12
Water Polo-9,10
Powder Puff

Matthew Belkin

Swimming-10,11,12
Water Polo-9,10
JCC-9,10,11,12

"The hammer of the gods will drive our ships to new lands."

Natalie Berezin

Nat

Key Club
Senior Class Play
Powder Puff

"The world is a playground. We knew that as a kid. But somewhere along the line we forgot that." - Zooey Deschanel

Alanna Bernstein

Lanie B

Indoor Track-9
Water Polo-9,10

"Turn on, tune in, and drop out." Timothy Leary

Jillian Bertuzzi

Jill, Tuzz, Jilly, Bertuzz

Tennis-9,10,11,12
Basketball-9,10
Field Hockey-9
Unity Club-9,10,11

"Laugh as much as you breathe and love as long as you live."

Adam Bistran

Bistro, Bistro-Burger, Beast

Soccer-9,10
Indoor Track-9,10,11,12
Outdoor Track-9,10,11,12

"Be true to your work, your word, and your friends." - Henry David Thoreau

"The power of imagination makes us infinite." - John Muir

Katelyn Boutin

KB, Boots, Boutin, Kabs

Volleyball-9,10,11,12
Ultimate-9,10,11
Chorus-9,10,12
Lifeguard-3 years

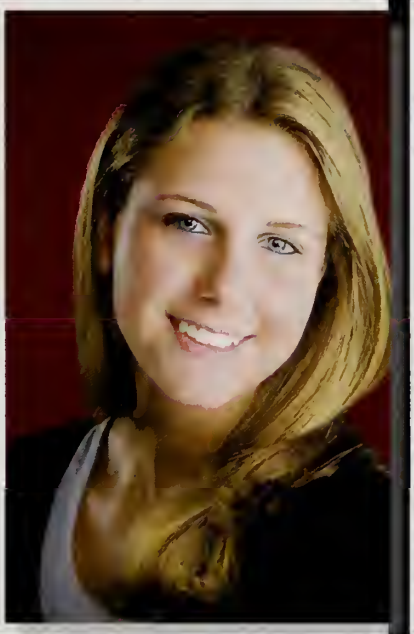
"She who has the will to win cannot be beaten."

"Everything happens for a reason."

"This is the first day of the rest of our lives."

"That's what she said."

"The core of the Earth is the strongest part."



John Bresnahan

B Team Ultimate-11,12
Music Mentor-12
Piano Teacher-10,11,12

"What I want is what I've not got, what I need is all around me." - Dave Matthews Band

Brooke Brindle

Brookie, BoBo

Tennis-9,10,11,12
Swimming and Diving-9,10
Yearbook-12

"Everyone can give up. It's the easiest thing in the world to do. But to hold it together when everyone else would expect you to fall apart, that's true strength."

Nathan Brooks

Brooks

Lacrosse-9,10,11,12 Captain
Indoor Track-10,11
Cross Country-10,11
Football-9
Basketball-9
Key Club-11
Senior Class Play

"He who is not courageous enough to take risks will accomplish nothing in life." - Muhammad Ali

"The huge water bottle" - Evan Thompson

Alison Brooslin

Swimming-9,10,11,12
Accidentals-12
Water Polo-9,10
NHS Crew-9,10,11,12

"Holla fo a dolla."

Steven Brunner

Arianne Brust

Ari, Blondie, Arby

Softball-9,10,11,12
NHS-11,12
Accidentals-11
Pitching Coach-10,11,12
La Cappella-10,11,12

"Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life; define yourself."

Mia Bsat

Mimi, Spandex

Varsity Track-9,10,11,12
NHS-11,12 Tutoring Chair
Lyrics-11,12
Jet Jotter-10,11,12 Editor
Key Club-10,11,12
French Club-10,11,12
Politics Club-11,12 Secretary
East Asia Club-10,11,12
German Club-11

"If only we'd stop trying to be happy we'd have a pretty good time." - Edith Wharton

Jennifer Burton

Jot Jotter-10,11,12 Editor-in-Chief
Drama Club-9,10
Accidentals-10,11,12
Lyrics-11,12
East Asia Club-9,10,11,12 President
School Council-10,11,12
NHS-11,12
Discipline Committee-9,10,11,12
Comedy Improv Troupe-9,10,11,12
DJST-9,10,11,12
Senior Class Play

"Because the things you're scared of are usually the most worthwhile."

Olivia Buscemi

Accidentals-10,11,12
Soccer-9
Indoor Track-10
Outdoor Track-11

"When words fail, music speaks."

Branden Bertelli

B-Telli, Snell

Golf-9
Basketball-9,10
Baseball-10
Rugby Club-10
Football-11,12

"You're 5 foot nothin', 100 and nothin', and you have nearly a speck of athletic ability. And you hung in there with the best college football team in the land for 2 years. And you're going to walk out of here with a degree from Notre Dame University. In this life, you don't have to prove nothin' to nobody but yourself."

Paul Cangialosi

Cangi

Freshman Basketball
Freshman Soccer
JV Basketball
JV Soccer
Varsity Soccer
Outdoor Track-9,10,11,12
Indoor Track-11,12
Weightlifting Club-11
Life Guard-10,11,12
Rinaldi's

"Every man dies. Not every man lives."

"Laugh as much as you breathe and love as long as you live."

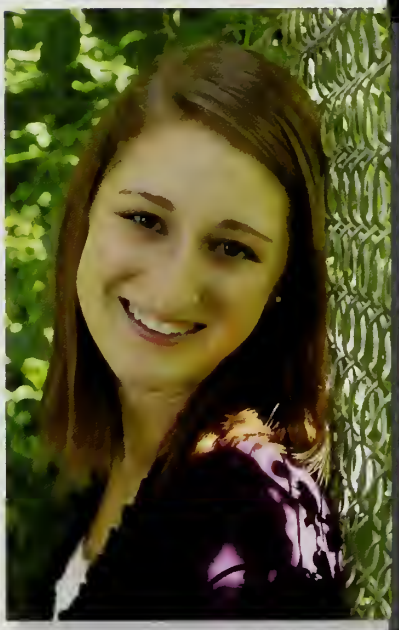
Arielle Capurso

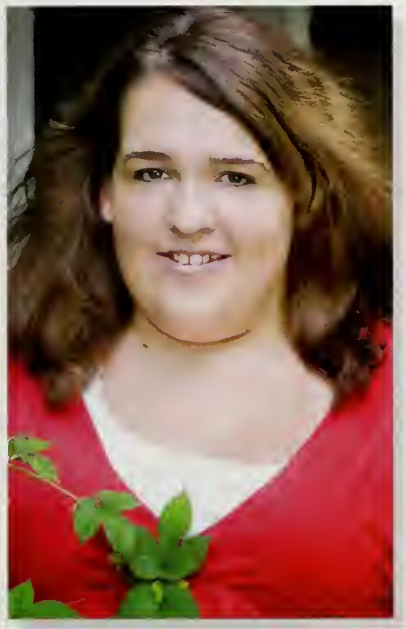
spongebob

Cross Country-10,11,12
Track and Field-9,10,12
Indoor Track-9
French Club-11,12
German Club-11,12
NHS-11,12
Horseback Riding- 9,10,11,12

"To be nobody but yourself in a world which is doing its best, night and day, to make you everybody else means to fight the hardest battle which any human being can fight, and never stop fighting."
- e. e. cummings

"Don't aim for success if you want it; just do what you love and believe in, and it will come naturally." - David Frost





Kristin Carlson

KCar

Indoor Track-9,10,11,12
Captain
Outdoor Track-9,10,11,12
Captain
Armata's Supermarket-10,11,12

"You might not end up where you thought you'd be, but you'll end up where you're suppose to be."

"Only a life lived for others is a life worthwhile." - Albert Einstein

Hannah Casey

Spring Track-10,11,12
Key Club-9,10
Knitting Club-12
Peppa's Pizza-12

"Everything happens for a reason. People change so that you can learn to let go. Things go wrong so that you can appreciate them better when they are right. You believe lies so that you can eventually learn to trust no one but yourself. And sometimes good things fall apart so that better things can fall together."-Marilyn Monroe

Timothy Casey

O'Doyle Rules

Football-9,10,11,12
Track-9,10,11,12
Indoor Track-11,12
NHS-11,12
Camp Counselor,
Camp Star Angelina-11,12

"O'doyle Rules."
- Billy Madison

"Get your head out of your ass." - Coach Scyocurka

Brennan Cassidy

Baseball-9,10,11,12
Soccer-9,10
Key Club-11
Stock Club-12

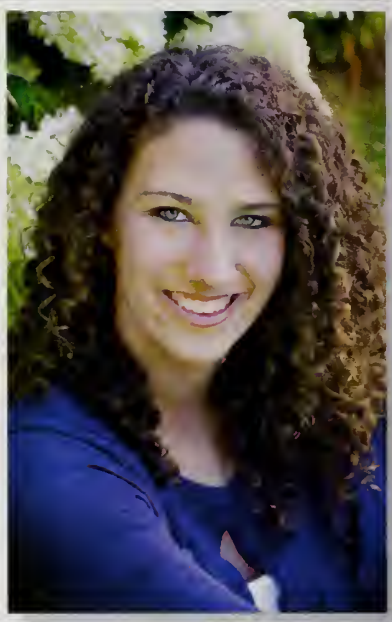
"Never do today what you can put off until tomorrow." - Eugene J. Cassidy

"Limits, like fears, are often just an illusion." - Michael Jordan

Atlee Chait

Swimming-9,10,11,12 Captain
NHS-11,12
La Cappella-10,11,12

Senior Class Play
Powder Puff



Sarah Charbonneau

Chaabs, Charbs

Impressions-10,11,12
Managing Editor-11
Editor-in-Chief-12
Politics Club-10,11,12
Slam Poetry Club-11,12

"Books succeed, and lives fail."- Elizabeth Barrett Browning

"It does not do to dwell on dreams and forget to live." - Albus Dumbledore

"To attach, to attach passionately to the individual, which is always doomed to vanish-does that make one wise, or make one a fool?"- Mark Doty

Jasmine Chatman

Jazz, Jazzy

Women Chorus-9
La Cappella-10,11,12
Health Assistant-11,12
Wendy's-11,12

"Happiness is not so much in having as in sharing. We make a living by what we get, but we make a life by what we give." - Norman MacEwan

Jessica Chatman

Chatman, Jess, J. Chatman

Wendy's-11,12
Chorus-9,10,11,12

"Like everybody and trust no one."

"Keep your friends close and enemies closer."

"This is the end of one chapter of our lives and the beginning of another."

"Live your life as if it's one big party with no regrets."

Heidi Cheng

Cheng Bang

Girl's Ultimate-11,12
Indoor Track-12
Jet Jotter-11,12
NHS-11,12
French Club-12

"Great minds discuss ideas. Average minds discuss events. Small minds discuss people." - Eleanor Roosevelt

"Our mind is capable of passing beyond the dividing line we have drawn for it. Beyond the pairs of opposites of which the world consists, other, new insights begin." - Hermann Hesse

Mary Clough-Segall

Cross Country-9
Ultimate-10,11,12
Drama Club-11,12
LCTV-10,11,12

Madelaine Collins

Maddie, Mads

Gay-Straight Alliance-9,10,11,12
Art Club-9,10,11,12
Jet Jotter-10,11,12
NHS-11,12
Peace Jam-12
Key Club-10
Ski Team-11,12
Field Hockey-9,10,11,12

"I have great faith in fools; self-confidence my friends call it." - Edgar Allan Poe

Max Connery

Justin Conniff

Cross Country-10,11,12 Captain
Indoor Track-10,11
Track-10
Lacrosse- 11,12 Captain
NHS-11,12 Fundraising Chairman

"The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty." - Winston Churchill

Meaghan Consedine

Meag, Meago, Megusha, Gush, Consefine

LHSFH2K-6,7,8,9
Accidentals-11
Lacrosse-9,10

"A friend is someone who gives you total freedom to be yourself and especially to feel or not feel. Whatever you happen to be feeling at any moment is fine with them. That's what real love amounts to-letting a person be what he really is." - Jim Morrison

Alexander Cool

Alex Coon

Coon, Coonz

"Live as if you were to die tomorrow, learn as if you were to live forever." - Ghandi

Catherine Cosby

Imani

Cross Country-10
Indoor Track-9
Outdoor Track-10,11,12
Slam Poetry Club-11,12
Unity Club-11,12 Treasurer
Assistant at Weib 106.3 Smooth fm-9,10,11,12
President of Next Phaze Productions-12

"First they came for the communists, and I didn't speak because I wasn't a communist; then they came for the socialists and I didn't speak out because I wasn't a socialist; then they came for the trade unionists, and I didn't speak out because I wasn't a trade unionist."

Philip Crafts

"Ad astra per aspera."

Bridget Crimmins

Bcrimms

Soccer-9
Cross Country-10,11,12
Indoor Track-9,10,11
Outdoor Track-9,10
Ultimate-11,12
Key Club-10,11,12

"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment." - Ralph Waldo Emerson

Paige Cuscovitch

Diamond Love

Soccer-9,10,11,12
Basketball-9,10,11,12
Lacrosse-9,10,11,12
NHS-11,12
French Club-11,12

Brya Capell

Yearbook-11,12
Key Club-9,10,11
Soccer-9
Lacrosse Manager-9,10,11,12

Senior Class Play
Powder Puff

"Life isn't about the number of breaths you take but rather the moments that take your breath away."

Kelsey Deary

Kels, Kels-woman

Outdoor Track-9,10,11,12
Swimming-10,11,12
Key Club-9,10
Yearbook-12
Greenwood-11,12
NHS-11,12
Powder Puff

"Everything happens for a reason. Things go wrong so that you can appreciate them better when they are right. And sometimes good things fall apart so that better things can fall together."-Marilyn Monroe

"There's nothing like the deep breaths after laughing that hard. Nothing in the world like a sore stomach for all the right reasons."-*Perks of Being a Wallflower*

Antonia Demarco

Toni, Tones, Toni the Tiger

Softball-9,10
Unity Club-9,10

"Live life to the fullest."

Steven Desmarais

Stevey D

Stock Market Challenge-12
Baseball-9,10,11,12
Stock Club-12
BPA-12
Blueberry Hill Fall Festival-11

"There are no asterisks in this life, only scoreboards."
- Ari Gold

Rachel Desrochers

Outdoor Track-9,10,11,12
Indoor Track-9,10,11,12
Drama Club-10,11,12
French Club-10,11,12

"If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundations under them."
- Henry David Thoreau

Nathan D'Entremont

Nate

Lacrosse-9
Track-10,11,12
Football-12
Six Flags Security-11,12

"We few, we happy few, we band of brothers; for he today that sheds my blood with me shall be my brother; be he ne'er so vile, this day shall gentle his condition, and gentlemen in England now-a-bed shall think themselves accurs'd they were not here and hold their manhoods cheap whiles any speaks that fought with us upon St. Crispin's day." - Shakespeare

Danielle Dickstein

Dani

Outdoor Track-9
Cross Country-9
Wrestling Manager-12

Senior Class Play
Powder Puff

"I have no confidence in a man whose faults you cannot see." - Edward Dahlberg

Stephanie Dionisi

Steph, Stephanisi, Dio

BPA-9,10,11,12
Hockey fan-9,10,11,12
Volleyball-9
Senior Class Play
Powder Puff

"You can't stop the waves, but you can learn to surf."

"As far as I'm concerned the happiest time of my life is now. There's a future, and I can't wait to get it. It should be interesting."

Dmitriy Donskoy

Dima, Donsk, Ronskoy, Mikey D

Wrestling-9,10,11(C),12 (C)
Key Club-11,12
BPA-12

Caroline Drennan

Field Hockey-9,10
Cross Country-11,12
Indoor Track-9,10,11
Outdoor Track-9,10

Key Club-10,11

Zachary Dunn

Dunsky

Football-9,10,11,12
Indoor Track-11,12
Outdoor Track-9,10,11,12

"I know we all can't stay here forever so I want to write my words on the face of today." -Blind Melon

"Some people want it to happen, some people wish it to happen, others make it happen." -Michael Jordan

Brendan Dunphy

Ultimate-10,11,12
Swimming-11,12

Zacharie Dupont

Dupont

Vice President Debate
Jazz Band Drummer

"BEHN!"

Calvin Diamond

Ultimate-9
Knitting Club-12

"Seek the joy of being alive."

David Engell

Dengell, Dengs

Men's Chorus-9
Soccer-9,10,11,12 Captain
Indoor Track-9
Outdoor Track-9
Ultimate Frisbee-10,11,12
Lyrics-10,11,12
I Cantori-10
Debate Team-11,12
NHS-11,12

"Bring on the rain Laurenzano." - Brad Miller

"When it comes to doing things, there's the right way and every other way you'll know the difference."

Mary Eagan

Meegs

Lacrosse-9,10,11,12
Soccer-9,10
Cross Country-11,12
Indoor Track-9,11
Yearbook-11
SADD-12
Environmental Club-11,12
French Club-11,12
Key Club-9,10,11,12

Senior Class Play
Powder Puff

"Eyes on the prize picking up speed." - Mickey Avalon

Eliza Farris

Lacrosse-9

Dunkin' Donuts-10,11,12
Justice-10,11,12

Rachel Fearn

Cheerleading-9,10,11
Crew-10,11,12
Accidentals-10
Cheerleading Coach-10,11,12
NHS-11,12
French Club-10
Art Club-12
Lyrics-11,12
Senior Class Play
Powder Puff

Jessica Feigen

Jet Jotter-10,11,12
Ultimate Frisbee-10,11,12
Key Club-9,10,11,12
Business Professionals of America-11,12

Deidra Felici

Dee, Betty Crocker

Cheerleading-9,10,11,12
Culinary Arts Club-9,10,11,12

"Life is not measured by the number of breaths we take, but moments that take our breaths away."

Emilie Ferreira

Em

Volleyball-9,10
Track-10,11,12
Accidentals-10,11,12
I Cantori-11
French Club-9,10,11,12
Yearbook-11,12
NHS-11,12

Senior Class Play

"If you care about something, you have to protect it. If you're lucky enough to find a way of life you love, you have to find the courage to live it." - Owen Meany

Caitlyn Fiedler

Cat

Outdoor Track-9
Soccer-9
Indoor Track-12
East Asia Club-10,11,12

"I got a feeling that I don't belong. I got a feeling that I shouldn't be here. Can't stand another single day, I gotta get away."

Michael Fisher

Fish, Fishy

Soccer-9,10,11,12 (C)
Baseball-9,10,11(C),12(C)
Indoor Track-9,10,11(C),12,(C)
NHS-12

"Be more concerned with your character than with your reputation. Your character is what you really are, while your reputation is merely what others think of you."
- John Wooden

"Push yourself to be the greatest."

Alyssa Flemati

Soccer-9
Latin Club-9,10
Cheerleading-11,12

"The crocodile is only strong in the water."

Brigid Foley

Brig

Vice President-9,10,11,12
Indoor Track-10,11,12
Outdoor Track-9,10,11,12
Basketball-9
Soccer-9

"Do not worry if you have built your castles in the air. They are where they should be. Now put the foundations under them." - Henry David Thoreau

Christopher Foley

Fols, Folster, Foley, Sadness

Football-9,10,11
EL Panera-11,12
Mg-11,12
Pineapple Express-12
Braveheart-10

"One"

"Duuude"

"The best Leaders have the confidence to stand alone."

"Help me help you." - St. George

"Doc, you're pissing me off." - Brittni Peck

Felicia Foley

Cheerleading-9,10
Cross Country-11,12
Indoor Track-11
Outdoor Track-10
French Club-12
Key Club-11,12

Senior Class Play
Powder Puff

Matthew Fratini

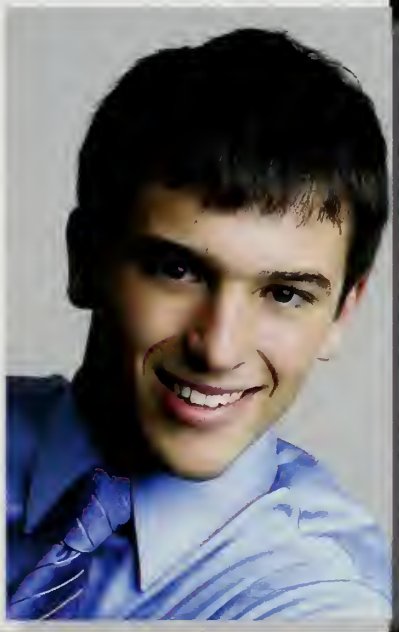
Matt, Matty, Tini

Varsity Hockey-9,10,11 Captain,12 Captain
Varisty Golf-9,10,11,12 Captain
Stock Market Club-12

Senior Class Play

"I wish I could say something classy and inspirational but that just wouldn't be our style; Pain heals, chicks dig scars, and glory lasts forever." - The Replacements

"The legs feed the wolf." - Herb Brooks



Alexander Freedman

Politics Club-10,11,12 President
Jazz Band-10,11,12

"Success is never final, failure is never fatal, its courage that counts."

Nathan Friedman

Friedz

Baseball-9,10,11
Teaching-9,10,11,12

"The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will." - Vince Lombardi

Andrew Friedrich

Andy, The Situation

Soccer-9
Lacrosse-9,10

"I'm going quoteless."

Ben Fu

Bennifucious, Ben

Indoor Track-9,10,11,12
Outdoor Track-9,10,11,12
Key Club-11
Politics Club-11,12

"Remember that chap about 20 years ago? I forget his name. Climbed Everest without any oxygen, came down nearly dead. When they asked him, they said 'Why did you go up there to die?' he said 'I didn't, I went up there to live.'"

Kasie Fagan

Kase, KC

Varsity Softball- 9,10,11 C, 12 C
Senior Districts- 9,10,11,12
Lyrics-10,11,12
All State Chorus- 9,12
Accidentals-12
German Club-11
Indoor Track- 9,12

Senior Class Play
Powder Puff

"The only actors who rise to greatness never relied on a 'back up plan' to get them there." - Anonymous

"The best thing to hold onto in life is each other."
- Audrey Hepburn

"Don't take life too seriously you'll never get out alive."

Mia Gauthier

Mimi, Mimmers

Varsity Softball-9,10,11,12 C
JV Soccer- 9,10 C
Indoor Track- 9,12
Yearbook-11 Editor,12 Editor
Key Club- 10,11,12
Division I All-Scholastic Team- 11,12

Senior Class Play
Powder Puff

"Our greatest glory is not in never falling, but in rising every time we fall."

"A day without laughter, is a day wasted."

"Don't take life too seriously, you'll never get out alive."

Nicole Gauthier

Nikki, Nig

Indoor Track-12
Outdoor Track-12

"Life is a journey, I don't know where it'll end, but I'll take the ride."

Melissa Gentile

Mel

Key Club-9
Cross Country-9,10
BPA-9,10,11,12
ACTs tutoring-10,11,12

"I take three "L's" to the head: Love, Live, Life...and I'm dead."

"It's just good fun."

Danielle George

Danny, Jorge

Varsity Softball- 9,10,11(C),12(C)
JV Field Hockey-9,10(C)
Varsity Field Hockey- 11,12
(WMASS Champs, state finalists)
Indoor Track-9,10,11,12
Student Council Treasurer- 10,11,12
NHS-11,12
St. Mary's Youth Council- 9,10,11,12

"She who has the will to win cannot be beaten." - Coach Simmons

"We are each of us angels with only one wing, and we can only fly while embracing each other." - LHSFH2K9

Helene Gerasimchuck

Key Club-10,11,12

Senior Class Play
Powder Puff

"One good thing about music- when it hits you, you feel no pain." - Bob Marley

"Before you start pointing fingers, make sure your hands are clean"
- Bob Marley

Ryan Gilmore

Gilmore, Gilly, Gills

Slam Poetry Club-11,12
Latin Club-10,11,12

"Ask me a riddle and I reply 'Cottleston Cottleston, Cottleston Pie." - Winnie the Pooh

Rebecca Goodless

Becky, Bgoods, The Situation

Indoor Track-9,12
Football Manager-11,12
Key Club-9,10,11,12
Environmental-11,12
Interact-12

Senior Class Play
Powderpuff

"Yolo."

"He cried a million toilets."

Jennifer Gottlieb

Volleyball-9,10
Swimming-9
Tennis-9,10,11,12

Senior Class Play-choreographer

"To sit in the shade on a fine day and look upon the verdure is the most perfect refreshment."-Jane Austen

Matthew Grippo

Grippo, Gripdaddy, Gripmastah

Swimming-9,10,11,12(C)
Water Polo-9,10

"The early bird gets the worm, but the second mouse gets the cheese."

Peter Gallucci

Galluch

Cross Country-9,10,11,12
Indoor Track-9,10,11,12
Outdoor Track-9,10,11,12

"The biggest fish in the river gets that way by never being caught."

Emily Hanke

Emmy, Em, Em-lay

National Fragile X Foundation and Autism Speaks Fundraising-9-12

New England Dance Conservatory-9,10,11,12

New England
Dance Theater-9,10,11,12
Personal care assistant-11,12
Richard Salter Storss library-11,12
Longmeadow Flowers-11

"Nobody can go back to a new beginning, but anyone can start today and make a new ending."
-Maria Robinson
"Science moves with the spirit of an adventure characterized by both youthful arrogance and by the belief that the truth, once found, would be simple as well as pretty."
-James D. Watson

Deion Hatwood

Christine Heady

Key Club- 9,10,11,12
BPA- 10,11,12
Dance- K-12
Ultimate Frisbee- 11,12

Senior Class Play
Powder Puff

Tyler Heffernan

Heff,heff

Baseball-9,10,11,12 (Captain)
Football-9,10,11,12 (Captain)

Wind Ensemble-9,10,11,12 (Section Leader)

"To uncover your true potential, you must find your own limits, and then you have the courage to blow past them."-Picaboo Street

Jasmine Heffner

Jaz, Jazzy, J-Heff, J-Phizz

Football-12
Indoor Track-11,12
Outdoor Track-12
Unity Club-11,12

Powder Puff

"What you think about, you bring about."

Because of you, I laugh little more, cry a little less, and smile a little more."

"If you obey all the rules, you'll miss all the fun."-
Katherine Hepburn

Jake Heger

Heger

Lacrosse-9,10,11,12
Golf-9,10,11,12
Basketball-9
Indoor Track-10

"You have to look good to play good."

"if winning isn't everything, then why do they keep score?"-Vince Lombardi

Gabrielle Henderson

Gabby, Gabster, GiGi

Jazz Band-10,11,12
Art Club-9,10,11,12
Drama Club-9,10,11,12
NHS-11,12

"I've had one motto I've always lived by: Dignity. Always dignity."- Don Lockwood played by Gene Kelly

Arista Hennessey

Aerie

Swimming-9,10,11,12
Ultimate-11,12

Drama Club-9,11,12

Producer of Senior Class Play

Katie Hibert

Khibbs

Ultimate Frisbee-9,10,11,12
Key Club-9,10,11,12
Indoor Track-9
BPA-12

"So go on if it makes you happier, it got you this far, do what you have to."

Sawyer Hicks

Football-9
Wrestling-9
Lacrosse-9,10
Ultimate Frisbee-11,12 Captain
Jett Jotter-10,11,12 Managing Editor
Student Representative on the School Committee-11,12
Announcer-10,11,12
JCC lifeguard-11,12

"Integrity is not a conditional word. It doesn't blow in the wind or change with the weather. It is your inner image of yourself, and if you look in there and see a man who won't cheat, then you know he never will" - John D. McDonald

Conor Hobert

Mista Quaterback, New Money

Football-9,10,11,12 (C)
Basketball-9,10,11,12(C)
BPA-9,10,11,12
Secret Gaming Society-10

"Just because I'm losing, doesn't mean I'm lost." - Chris Martin

"Limits, like fears, are often just an illusion." - Michael Jordan

"Just when you thought the whole world fell apart I, take off the blazer, loosen up the tie, step inside the booth, Superman is aliiive." - Jay-Z

Claire Halchak

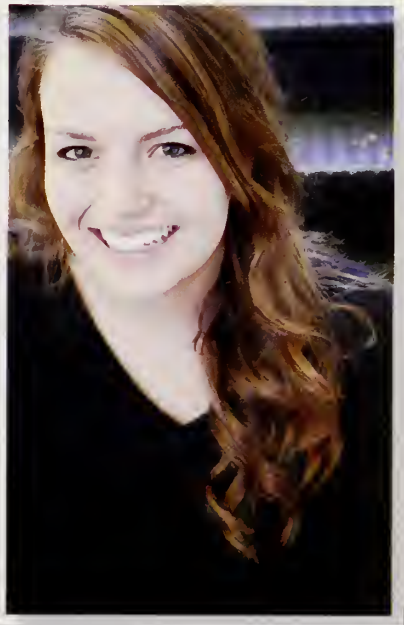
Choco, Clairsopher, Monkey

NHS-11,12
Cheerleading-9,10

"It's the possibility of having a dream come true that makes life interesting." - Paulo Coelho, *The Alchemist*

"Go confidently in the direction of your dreams. Live the life you have imagined."- Henry David Thoreau

"Where you go, go with all your heart." - Confucius



Amelia Houghton

Gymnastics-9,10,11,12
Dance-9,10,11,12

Art Club-10,11,12

"You miss every shot you don't take."

Obstacles are what you see when you take your eyes off the goal."

Caitlin Hussey

Crew-9,10,11,12
Skiing-9,10,11,12
French Club-10,11,12 Board

Senior Class Play
Powder Puff

"There's nothing like deep breathing after laughing that hard. Nothing in the world like a sore stomach for the right reasons." - *The Perks of Being a Wallflower*

"And in the end, the love we take is equal to the love we make." - The Beatles

Elissa Houff

Robert Hutchins

Bob, Slob, Buttchins

Hockey-9,10
Baseball-9,10,11,12

Welcome to the U.S. grove
Pennies for patients

Colin O'Niel Izzo

Izzo, Commizerator

Golf-9,10,11,12
Baseball-9,10,12
Basketball-9
SGS-10
Hockey fan-9,10,11,12
Smash-11,12

"you NEVER finish."

"You wouldn't know."

"You get what you get, and you don't get upset."

Andrea Ingram

Andy

Art Club-9,10,11,12
French Club-10,11

Indoor Track-11
Outdoor Track-11,12

GSA-9,10,11,12
Key Club-11

"Youth is the period of assumed personalities and disguises. It is the time of the sincerely insincere."

Talia Jackowitz

Ginger

Peace Jam-12
DJST-9,10,11,12

Senior Class Play

Kid's Space-12

Devin Joyce

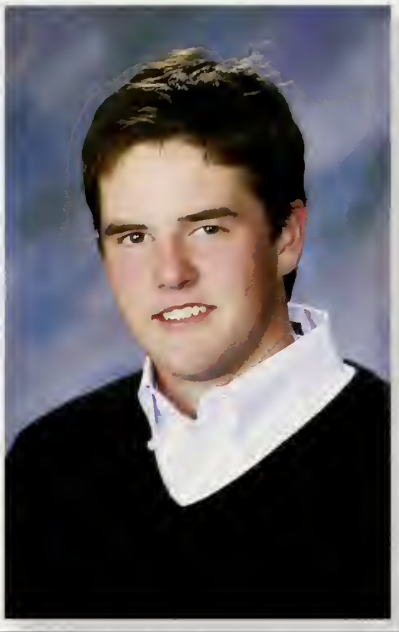
Devo, Joycie, Air Brey

Golf-9,10,11,12
Hockey-9,10,11,12 (C)
Baseball-9
Lacrosse-10,11

BPA-9,10,11,12
SGS-10(VP)
Stock Club-10,11

"Great moments are born from great opportunity."-Herb Brooks

"Dude, I am about to rock you."-Sean O'Donnell



Conrad Johansen

Chachi

Ultimate Frisbee-9,10,11,12

"Poopyseed! Poppyseed! Let me in! Not by the hair on my chinny-chin-chin."

Louis Katz

Louie, Chubonka

"Thanks, Alex."

Tennis-12

Jasmine Kearse

Fizz, Jazz

Accidentals-9,10,11,12
Lyrics-11,12
La Capella-10,11,12 Section Leader
I Cantori-11
Drama Club-9,10,11,12
Theatrix-11,12
D.R.E.A.M. Studies-10,11,12
Swedish Fish-12

"Get wasted on life."- The Donnas

Christopher Kang

Kang

Football-9,10,11,12
Outdoor Track-10,12
Indoor Track-9

"Dream as if you'll live forever; live as if you'll die today."

Katlyn Kelliher

Kakie, K2

Baystate Educational Partnership- 11,12
CVS- 11,12
Yearbook- 12
Health Assistant- 11,12
Teacher Assistant- 9,10,11,12

"If you love something set it free, if it returns you never lost it, if it disappears and never comes back it was never yours to begin with." -Anonymous

"It is better to be hated for what you are than to be loved for something you are not." - Andre Gide

Joshua Kent

Football-9,10,11,12
Swimming-9,10,11,12
Ultimate Frisbee-11,12
National Honor Society-11,12

Michael Kern

Kerns

Football-9
Ultimate Frisbee-12

Jeanne Kiernan

Soccer-9,10,11,12
Outdoor Track-9,10,11,12
Indoor Track-10,11,12
Key Club-9,10,11
SADD-11,12
Jet Jotter-10,11,12

"Good judgement comes from experience, experience comes from bad judgement."

Margaret Kietzman

Soccer-9,10
Cross Country-9
Indoor Track-9,10,11,12
Lacrosse-9,10,11,12

French Club

Senior Class Play
Powder Puff

Riley Kelly

Shaggy, Kriles, Kelly

Football-9,10
Hockey-9,10,11,12
Outdoor Track-9,10,11,12

Stock Club-11
BPA-12

"I threw up, but I'm OK."- Kyle Cavaretta

"It's not how hard you hit; it's how many times you get back up."

"We're gonna show 'em how hockey is supposed to be played."-Sean O'Donnell

Paige Kimball

Cross Country-9
Outdoor Track-9
Northapmton Crew-12
Longmeadow Dry Cleaners-10,11,12

Peace Jam-12
Key Club-10,11

Rebecca Kimmel

Bec, Rek

Indoor Track-9
Varsity Tennis-9,10,12
Yearbook-11,12
Environment Club-10,11
Key Club-9,10,11,12

Senior Class Play
Powder Puff

"For attractive lips, speak words of kindness. For lovely eyes, seek out the good in people. For a slim figure, share your food with the hungry. For beautiful hair, let a child run their fingers through it once a day. For poise, walk with the knowledge that you never walk alone."-Audrey Hepburn

Alexandria Kivari

Lexi

Ski Team-9,10,11,12
Varsity Football Team Manager-11,12

Spanish Club-10,11
Equestrian Club-9,10,11,12

"All we are is the result of what we have thought. The mind is everything. What we think is what we become."
-The Buddha

"Don't worry about a thing 'cause every little thing gonna be all right."-Bob Marley

Brandon Knoll

Men's Chorus-9,10
Acapella-10

Early Admit Program-12

"People ask me if lying is wrong. I've heard that it's not considered lying if you don't get caught. I'm not saying that; I'm just saying I've heard that."

Kenna Tia Koerner

"Worker bees can leave. Even drones can fly away. The queen is their slave."-*Fight Club*

"If you want it, then you can have it, but you've got to learn to reach for it."-Weezer

"Don't wait for answers, just take your chances; don't ask me why."-Billy Joel

Junghun Kim

no photo available

Jordyn Komack

Jord, K-Mack, Jorge, Jordypants

Basketball-9,10,11
Lacrosse-9,10
Soccer-9,10
Cross Country-9
Hockey fan-9,10,11,12

Senior Class Play
Powderpuff
"You gotta keep on livin',man, L-I-V-I-N."

"We're never going to survive unless we get a little crazy." -Seal
"Once your closet is clean, you can come and clean mine."
"That's Tammy, Trey's ex-girlfriend. This is classic Tammy."-Charlie Kelly

Kiera Kristoffy

"The bird is here and we are off to wherever those wings take us."-Adam Young-Owl City

"Wherever you go, go with all your heart."-Confucius

Shea Kusiak

Soccer-9,10,11,12
Lacrosse-9,10,11,12

S.A.D.D.

"Eyes on the prize...picking up speed." Mickey Avalon

Alyssa Korman

Dance-9,10,11,12

Senior Class Play - Choreographer

"You can't dance and stay uptight, it's a supernatural delight." -*Dancing in the Moonlight*, King Harvest

Carley Lakritz

Kristiana Lachiusa

Lyss, Somes

Swimming-9,10,11,12
Crew-9,10,11,12
East Asia Club--9,10,11,12
Water Polo Club-9,10
National Honor Society-12

"I think it pisses God off if you walk by the color purple in a field somewhere and don't notice it."-Alice Walker

"Don't get your knickers in a knot. Nothing is solved and it just makes you walk funny."-Kathryn Carpenter

John Laurenzano

J-Lo

Soccer-9,10,11,12 C
Basketball-9,10
Track-9

NHS-11,12(President)

"In the land of the blind, the one eyed man is king."-Erasmus

"To laugh often and love much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty; to find the best in others; to leave the world a bit better,whether by a healthy child, a garden patch or a redeemed social condition; to know even one life has breathed easier because you have lived. This is to have succeeded."-Emerson

Stephanie Lauria

Slaur, Slaurboss, Slauria

Outdoor Track- 9
Basketball- 9
Volleyball- 9,10,11,12 C
Wrestling Manager- 12

Powder Puff

"It's better to know and be disappointed than to not know and always wonder."

"Laugh as much as you breathe and love as long as you live."

Samuel Leavitt

Bubs

Football-9,10,11,12
Track and Field-11
Lacrosse-9,10,12

Symphony Orchestra-9,10,11,12
Chamber Orchestra-11,12

"Life is like a box of chocolates; you never know what you're going to get."-*Forrest Gump*

Alesha Levenson

Sheesh

Northampton Varsity Rowing-9,10,11,12 (#6 in USA)

Swim Team-9,10,11

Key Club-10,11
USY-9,10,11,12

"If you will it, it is no dream."-Theodore Merzl

Mara Lasko

Swim Team-9,10,11,12
Water Polo-9,10

Peace Jam (V.P.)-12

"it is our choices that show what we truly are, far more than our abilities."-Albus Dumbledore

Rui Li

Varsity Swimming-9,10,11,12
Ultimate Frisbee (A) -9,10,11,12
East Asia Club- 9,10,11,12
Key Club- 9,10,11,12
NHS- 11,12

"Dance as though no one is watching. Love as though you've never been hurt. Sing as though no one can hear you. Live as though heaven is on earth." - Souza

"Eyes on the prize, pickin' up speed." - Mickey Avalon

Sara Li

Swimming-9,10,11,12 (C)
Ultimate Frisbee-9,10,11,12(C)
Cross Country-12

Lyrics-10,11,12

"Keep a green tree in your heart, and perhaps a singing bird will come."

Morgan Llorens

Reba, Regan

Cheerleading-9,10

Accidentals-10,11,12
I Cantori-11,12
Lyrics-11,12

Senior Class Play

"At the end of our lives, we look up to see who is still standing by our side and holding our hand, not to whom we don't think we pleased."-the wisest woman I know

"Being a strong woman is very important to me. But doing it on my own is not.- Reba McEntire

Kelsey Lubenstein

"I'd rather laugh with the sinners than cry with the saints, the sinners are much more fun." "Only the Good Die Young" -Billy Joel

Jordon LLodra

Jord, JoJo, Jllo, Jordy

Field Hockey-9,10,11
Outdoor Track-9,10,11
Equestrian-9,10,11,12

Equestrian Club-9,10,11,12
Lifeguard-11,12
Yearbook-12
Field Hockey Official-12

"No hour of life is wasted that is spent in the saddle."

Joshua Lyons

Lance, Lights Out, Kell

Hockey-10,11,12
Golf-12

Phil Steiger Philms fan-9,10,11,12

"Best cousin eevvveerr!"-Phil Steiger

"Just keep swinging that club."-*Bagger Vance*

"You're doin' good work over there Lyons."-Brian (the king)Palazzi

Alexandra Lucey

lalex

Drama Club

"No one can make you feel inferior without your consent."-Eleanor Roosevelt

Hannah Macpherson

Hannah

Art Club-9
Environment Club-12

"Don't fight against the youth, 'cause we're strong and rude, rude people."-Sublime song

"Don't talk about it, be about it."-Gina Murrey

Ryan Mack

RMack, Ronnie, Mack, Mack Attack

Lacrosse-9,10,12
Indoor Track-9
BPA-11,12(Board Member)
Stock Club-12
Key Club-11,12

"Timid men prefer the calm of despotism to the tempestuous sea of liberty." Thomas Jefferson

"The hottest place in Hell is reserved for those who remain neutral in times of great moral conflict."-Martin Luther King, Jr.
"God gave us the gift of live; it is up to us to give ourselves the gift of living well."-Voltaire

Yussuf Manzi

"I've failed over and over again in my life, and that is why I've succeeded."-Michael Jordan

Gina Marino

Emily Marsh

Em

Gatekeeper for LPD-11,12
La Cappella-10,11,12

"I've stopped listening, why haven't you stopped talking."

Tobias McCarthy

Bridget McDonald

Bmac

Soccer-9,10,11,12
Indoor Track-9,10
Lacrosse-9,10,11,12

Powderpuff

"In three words I can sum everything I've learned about life; it goes on."-Robert Frost

"We can gain strength, courage and confidence by each experience in which we stop to look fear in the face. We must do that which we think we cannot."-Eleanor Roosevelt

Catherine McKenna

Field Hockey-9,10,11,12 C
Tennis-9,10,11 C

Class President-10,11

"Some people are always grumbling because roses have thorns; I am thankful that thorns have roses."-Alphonse Karr

Thomas McKeown

McKeown, MQ

Lacrosse-9,10,11,12
Hockey-10,11,12
Youth lacrosse referee-10,11,12
Youth hockey referee-12

"I am badass Conniff."
- Justin Conniff

Sarah McNutt

McNutt

Cross Country-9,10
Indoor Track-9,10
Outdoor Track-9
Crew-10,11
Mock Trial-11,12

"Cut it loose, or let it drag you down"

Andrew Melchiona

Melchy, Milkman

Wind Ensemble-9,10,11,12
Jazz Ensemble-10,11,12
Lyrics-11,12
CCD teacher-11
Church pianist-12

Senior Class Play Music Co-Director-10,11,12

"Be strong and courageous...for the Lord your God goes with you; He will never leave you nor forsake you."-Deuteronomy 31:6

"Amatuers play it until they get it right; professionals play it until they can't get it wrong."-Mr. Mucci

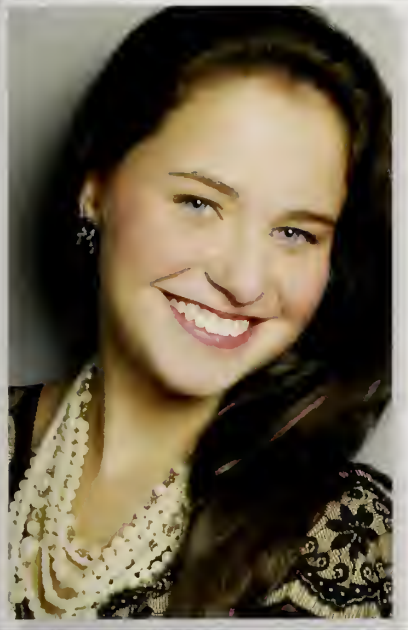
Kevin Miao

Chairman, Catman

Math Team-9,10,11,12
Debate team-10,11,12

Ultimate Frisbee-10,11,12

"As Schools Match Wit"-11,12



Kathryn Middleman

Kat, Kit-Kat, Kate

Cross Country-9,10

Accidentals-10,11,12
I Cantori-10,11,12

German Club-11,12
French Club-12
Drama Club-9,10,11,12

""I don't want to make you drink music; I want you thirsty."-Mr. Mucci

Lauren Middleman

Field Hockey-9
Volleyball-10

Yiddish Club-9
Science Team-9
German Club-11,12
Key Club-9,10
Drama Club-9,10,11,12
Politics Club-9,10,11,12

"Nothing is impossible to a willing heart."

Jacob Miller

JMills

Soccer-9
Cross Country-10,11,12
Indoor Track-9,10,11
Ultimate Frisbee-10,11,12

Politics Club-11,12

Accapella-12
Jazz Band-12
German Club-11,12
"Live and die by the crab; we'll live off the fat of the sea. Crabs is sewage proof."

"It's only after we've lost everything that we're free to do anything."

John Mirkin

Mirks, J.Mirk, The Mirkidini Express

Basketball-9,10
Baseball-9,10,11,12
Indoor Track-11,12

SGS-10

"Do not go where the path may lead, go instead where there is no path and leave a trail."-Emerson

"I'd rather be hated for who I am than to be loved for who I am not."-Kurt Cobain

John Montana

Monti, LP, Beach

Soccer-9
Baseball-9,10
Outdoor Track-11,12
Indoor Track-12
BPA-9,10,11,12
Stock Club-9,10,11,12

"Life is a sexually transmitted disease, and the mortality rate is one hundred per cent."-R.D.Lang

"In three words I can sum up everything I've learned about life: it goes on."-Robert Frost

"I don't know how to put this, but I'm kind of a big deal."
-Will Ferrell

T. Ryan Mulchahy

Mulchahy, Mulch

Cross Country-10,11,12
JCC Basketball-10,11,12(C)
Outdoor Track-10,11,12

"When he reached the New World, Cortez burned his ships. As a result, his crew was well motivated."-*The Hunt for Red October*

"Dream as if you'll live forever. Live as if you'll die today."-James Dean

Andra Narrigan

Beavs, Narrs

Art Club-9,10,11,12
French Club-9,10,11
Peacejam-12

Senior Class Play

"You know that Mythbusters episode where they test how you open car doors underwater? At the moment, my life is in a vehicle and I've just driven into a big, cold lake. And I just have to sit here calmly and wait for it to fill up, so the pressure can equal out and I can escape. I'm not even sure if it's true what they say, or if I'm just letting myself drown. Here's hoping for the best!"
-G. Munn

Zakia Natour

Zaks, Zaktrons, Z, ZEN, NEZ

Soccer-9
Stroll for Strength-9,10,11,12
Halloween on the Green-12
Environmental Club-12
Knitting Club-12

Powder Puff

"Never regret something that made you smile."

Alejandro Navarrete

Ali, Jandro

Soccer-9
Football-10,11,12
Basketball-9,10,11,12
Ultimate Frisbee-12
Husky Volleyball-10,11,12

Luke Neveu

Cross Country-10,11,12
Indoor Track-10,11,12
Outdoor Track-10,11,12

"I can accept failure, everyone fails at something. But I can't accept not trying."
-Michael Jordan

"Some people want it to happen, some wish it would happen, others make it happen."-Michael Jordan

Carolyn Niedzwiecki

Nads

Basketball-9,10,11,12
Field Hockey-9,10,11,12
Outdoor Track-9,10,11,12

Powder Puff

"Help me, Jesus! Help me, Jewish God. Help me, Allah! AAAAAhhhhhh! Help me, Tom Cruise, use your witchcraft on me to get the fire off me."-Ricky Bobby

"Good, better, best. Never let it rest until your good is better and your better is best."-Tim Duncan

Nicole Nystrom

Cross Country-9
Key Club-9,10
Peacejam-12

Senior Class Play
Powder Puff

"The struggle is to get off the starting line, and move beyond caring and speaking and begin doing. The challenge is to take the walk."-Taylor Hanson

Christopher O'Connor

Chronic, Kron, Flavor Boy, Hideo

Soccer-9,10,11,12
Wrestling-12
Smash-11,12

"You can steal my sign, but you can't steal my vote."

"Well nah I got this Dutch."

Johnny O'Donnell

Sean O'Donnell

Bro-Donnell, O'Donnell, Seanie

Varsity Hockey-11,12
Varsity Football-11
Stock Club-11
BPA-10,11,12

" And then we continued into our perfect forever."

"If you want to make the world a better place, take a look at yourself and make a change."

Ryan O'Grady

Roge, Sir, El Jefe, Dr

Politics Club-10,11,12
B-Team Ultimate-11,12 Captain
Debate Club-11,12
Slam Poetry Club-11,12
Peace Jam Club-12
Class President-12
As Schools Match Wits-12

"Education is an admirable thing, but it is well to remember, from time to time, that nothing that is worth knowing can be taught."
-Oscar Wilde

"Be a philosopher; but amidst all your philosophy, be still a man."
-David Hume

"The path to youth takes a whole life."-Samuel Clemens

Alec O'Keefe

Keef

Varsity Ultimate Frisbee-9,10,11 Captain,12 Captain
Soccer-9,10,11
The Bottle Shop-11,12

Troy Ochoa

Baseball-9
Basketball-9,10,11,12
Football-10,11
BPA-11,12
Tennis-12
Senior Class Play

"Once Hockey season starts… Feeding Freezy."
-Devin Joyce

"The journey of a thousand miles begins with the first step. Average is just not good enough... period."
-Coach Carter

"Honor the past… represent the present… inspire the future."-Sean "Diddy" Combs

Lewis Okun

Big Lew, Smokin' Okun

Varsity Soccer-10,11,12 (C)
NHS-11,12
Junior Pioneers Soccer Club-9,10,11,12

"Joga Bonito."

"To kill a game you must first give it life."

Hayley Olmstead

Varsity Cheerleading-9,10,11,12

"Life's an occasion, rise to it."

Evan Olsson

Ev, Evo, Olsson

Ice Hockey-9,10,11

"Why you going to the airport? Flying somewhere...?"
-Dumb and Dumber

"You miss 100% of shots you don't take." -Wayne Gretzky

Daniel Overstreet

Skeet, Overskeet, iPod

Ultimate Frisbee-9,10,11,12
I Cantori-11,12
Jazz Ensemble-11,12
Symphony Orchestra-11,12
Pit Orchestra-10,11,12

"Heart on fire, brain on ice."
-Mike Mucci

"Sorrow, gladness, yearning, hope, love belong to all of us, in all times, and in all places. Music is the only means whereby we feed these emotions in their universality."

Lindsay Oxx

Loxx

Field Hockey-9,10,11,12
Outdoor Track-9,10,11,12
Debate-9,10,11,12
As Schools Match Wits-9,10,11,12
Jet Jotter-10,11,12
Key Club-10,11,12
NHS-11,12

"To everything there is a season and a time to every purpose under the heaven." Ecclesiastes 3:1

Brian Palazzi

"On holes like these you just gotta get your quad bogey and get out." - #4

"If you're not cheating, you're not trying."

David Papale

D-Paps, that guy who is really good at physics

Debate Team-10,11,12
Politics Club-10,11,12
National Honor Society- 11,12
Key Club-10,11,12

"BEHN!"

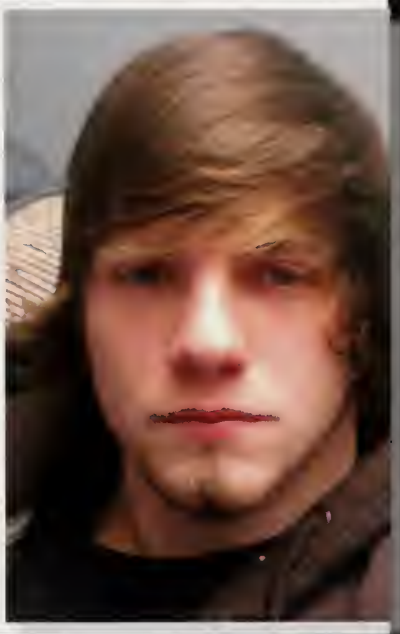
"The most incomprehensible thing about the world is that it is all comprehensible"
-Albert Einstein

"The one thing that keeps me going is that I laugh at myself"
-Farrokh Bulsara

Gregory Paquette Jr.

Varsity Wrestling-9,10,11,12 (C)

"Dream as if you'll live forever, live as if you'll die today."



Brittni Peck

Britt, Peck, BP, B. Peck, Shorty

Varsity Cheerleading-9,10,11
Captain,12 Captain
Soccer-9
Outdoor Track-10
Drama Club-9,10,11,12 Board
Accidentals-11,12
Yearbook-12 Editor
Dance-9,10,11,12
Cheerleading Coach-11,12
Shaker Bowl-10,11,12
DJST-12
Powder Puff

"Dream as if you'll live forever, live as if you'll die today."

"Wherever you go, go with all your heart."

Victoria Perrakis

Tori, toriperrakis!

Indoor Track-9,10
Outdoor Track & Field-9,10
Pizza Corner-9,10
Kidspace-11,12
Dance-9,10,11,12
DJST-10,11,12 Vice President
Yearbook-11,12 Editor-in-Chief
NHS-11,12
Peacejam-12 President
Senior Class Play
Powder Puff

"Happiness can be found even in the darkest of times, if one only remembers to turn on the light." -Albus Dumbledore

"The goal isn't to live forever, the goal is to create something that will." -Chuck Palahniuk

Caleb Perruccio

Brightwood Hardware-11,12
Freshman Football-9

"That's sick dude."

Lucas Pers

Cross Country
Indoor Track
Outdoor Track
Slam Poetry Club
German Club
Environmental Club

"If opportunity doesn't knock, build a door."

Madeleine Piccus

Maddy, Mads

Field Hockey-9,10,11,12 C
Indoor Track-9
Key Club-9,10
NHS-11,12
Student Council Secretary-9,10,11,12

"We are each of us angels with only one wing, and we can only fly while embracing each other" - unknown

Christian Pierre-Pierre

C.P.P.

Hockey-9,10,11,12

"Heroes get remembered, but legends never die."

Alexandra Pioggia

Piog, Big Al, Apiog, Joja

Indoor Track-9
Hockey Superfan-9,10,11,12
Key Club-9,10,11,12
Yearbook-11,12
BPA-12
Enviromental Club-11,12
Football Manager-11,12
Latin Club-11,12
Senior Class Play
Power Ranger Powder Puff

"When your closet is clean, you can come clean mine."

"I don't believe in the Republican Party or the Democratic Party. I just believe in parties."
- Sex and the City

Noelle Pollack

Drama Club-9,10,11,12
I Cantori-10,11,12
Lyrics-10,11,12
Ballroom Dancing-9,10
Climbing Club-11

Senior Class Play
Powder Puff

"I think, therefore I am vegetarian."

"Bakala!"

"Something's burning!... OMG are you okay?!"

Leo Joseph Polverini III

Joey, Joe Lazer

Football- 9,10,11,12
Baseball- 9,10,11,12

"Fall seven times, stand up eight." - Muhammad Ali

"Never let the fear of striking out get in your way." - Babe Ruth

Brendan Prast

Prast, BP

Cross Country-9,10,11,12
Indoor Track-9
Baseball-9,10
Chamber Orchestra-9,10,11,12 Conductor
Music Mentorship-11,12
Volunteer at Baystate Medical Center-11,12
Baystate Educational Partnership-12
Tennis Teacher-10,11,12
String Orchestra-9,10,11,12

"Who is John Galt?"

"Let's do it."

"The game."

Andrew Purugganan

Purugs

Cross Country-10,11,12
Indoor Track-9,10,11,12
Outdoor Track-9,10
Ultimate Frisbee-11
NHS-11,12

"Whether it's the best of times or the worst of times, it's the only time we've got."
-Art Buchwald

"Some people want it to happen, some wish it would happen, others make it happen."-Michael Jordan

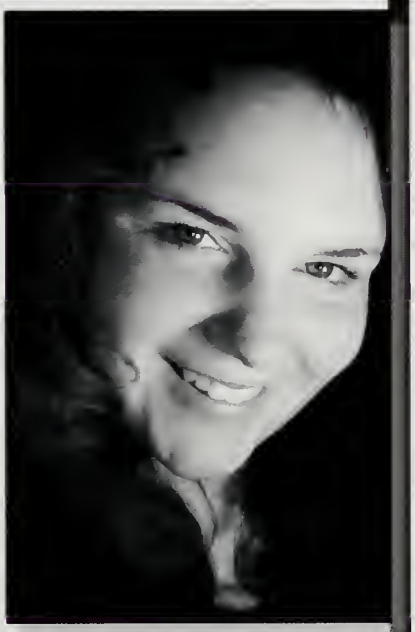
Sara Putnam

Key Club-9,10,11,12
Indoor Track-9,10,11,12
Outdoor Track-9
NHS-11,12
East Asia Club-9,11,12
Ultimate Frisbee-11,12

"To love is to risk not being loved in return. To hope is to risk pain. To try is to risk failure, but risk must be taken because the greatest hazard in life is to risk nothing." -Author Unknown

Kateri Quirk

Crew-9,10,11,12
Art Club-9,10,11,12
Beauty and the Beast Set Director-11
Anything Goes Set Director-12



Michael Rabideau

Rabs

Hockey-9,10,12

"One day at a time."

"If you don't dream big, what's the use in dreaming."

Jenna Race

J. Race, Big Tuna, Jennaration

Swim Team-10,11,12
Soccer-9
Indoor Track-9
Key Club-9,10
Drama Club-10
German Club-11
Powder Puff
Halloween on the Green-12

"Those who cannot change their minds cannot change anything."
-George Bernard Shaw

Christina Raschi

Chris, Raschi, Chrissy, C

Outdoor Track and Field-9
Ctec Culinary Arts-10,11,12

"Live in the moment."

"A day without laughter is a day that has been wasted!"

Lauren Reilly

Basketball-9
Softball-9,10 Captain
Interact Club-9
Equestrian Club-10,11,12

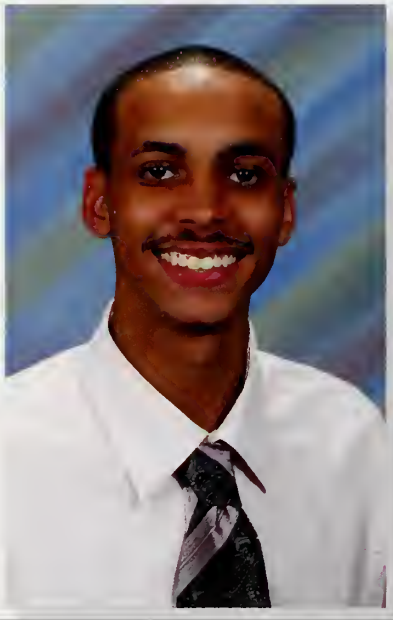
Dorren Rennis

Basketball-9,10,11,12
Football-9
Outdoor Track-10,11

"Don't bet on me, I'm a longshot."

William Rhone Jr.

KJ



Shawn Riley

"Live for nothing, Die for something" -*Rambo*

Farwa Rizvi

Jet Jotter-9,10,11,12
Key Club-10,11,12
Indoor Track-9,10,11
NHS-11,12

"To love. To be loved. To never forget your own insignificance. To never get used to the unspeakable violence and the vulgar disparity of life around you. To seek joy in the saddest places. To pursue beauty to its lair. To never simplify what is complicated or complicate what is simple. To respect strength, never power. Above all, to watch." - Arundhati Ray

Darcy Rzepka

Darc, Darc Nast

Soccer-9,10,11,12
Indoor Track-9,10,11,12
Ultimate Frisbee-9,10,11,12

Powder Puff

"If you wait to do everything until you're sure it's right, you'll probably never do much of anything."

Jace Sadowsky

Baseball- 9,10,11,12
BPA-11,12

Courtney Samuels

Cort, Csams, Courts

Track and Field-9
Leaping Lancers-9,10,11,12
Unity Club-9,10,11,12

"Don't forget about your history nor your destiny." Bob Marley

"I'd rather die enormous than dormant." JayZ

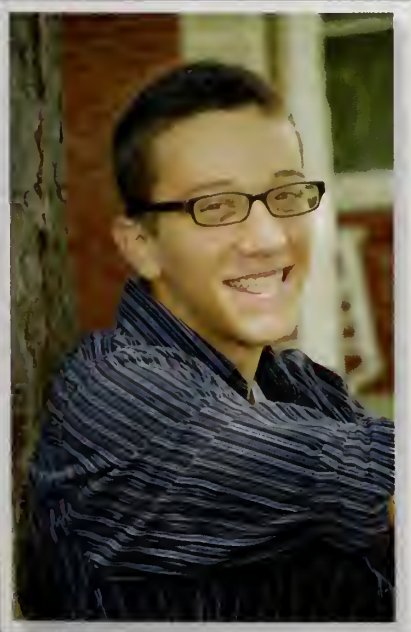
George Sanchez

Takahiro Sato

Taki

Concert Band Club-9,10,11

"You are very full of an insular superlarity, but for myself I consider your crime not an English crime at all not above board-not sporting." -Hercule Poirot



Max Schnaper

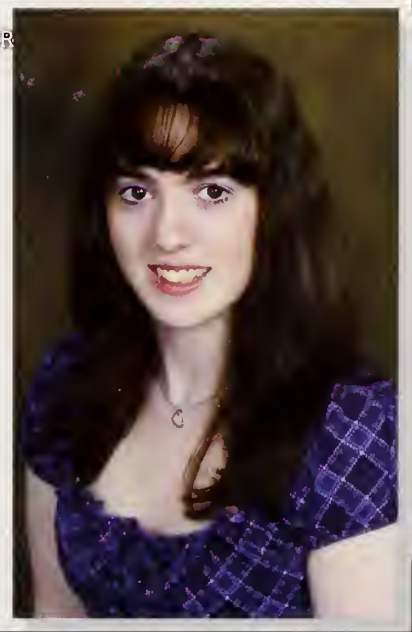
USY-9,10,11,12
Indoor Track-9,10
Outdoor Track-9,10
Math Team-9,10,11,12
Environmental Club-12

"You can't fulfill your dream unless you dare to risk it all." -Michael Levin

"You only live once... Why miss the opportunity?" -Richie Herchwitz

"Unless someone like you cares a whole awful lot, nothing is going to get better. It's not." -Dr. Seuss

Kaitlyn Schroyer



Kait, Kschroys

Jet Jotter-9,10,11,12
Latin Club-9,10,11,12
Ballroom Dancing Club-9,10
Key Club-9,10
Yoga Club-11
Intern at the Reminder-11,12
Dance-11,12

"Dance like nobody's looking."

Austin Seabury

Matteo Settimio

Spanish Club-11,12
Indoor Track-11
Track and Field-11,12

"Cogito Ergo Sum."

"Memento audere semper."

"Quamdiu stat et Coliseus, stat et Roma; Quando cadet Coliseus, cadet Roma; Quando cadet Roma, cadet et Mundus."

Bonnie Shallbetter

Bon Bon, Shallbebetter

Cheerleading Coach-11,12
Cheerleading-9,10,11,12
Ultimate Frisbee-10

"When you are at the end of your rope, tie a knot and hang on."
- Franklin D. Roosevelt

Matthew William Shapiro

shapskills

Varsity Wrestling-9,10,11,12
Key Club-10,11,12

"Go big or go home"

Dylan Shea

Paula Shea

pshea, p., pshhhh

Field Hockey-9,10,11,12(C)
(State Finalists, 2009)
Lacrosse-9,10,11,12
Indoor Track-9,10,11,12(C)
NHS-11,12
Senior Class Play
Powder Puff

"We are each of us angels with only one wing, and we can only fly while embracing each other." - LHSFH2K9

Trevor Shea

T. Shea

Hockey-9,10,11,12
Lacrosse-9,10,11,12
Orchestra-9,10,11,12

Senior Class Play

"Players win games, teams win championships."

Flora Shenker

Flo, Flo Shanks

Swim Team-9,10,11,12
Water Polo Club-10

Senior Class Play
Powder Puff

"In my body, where the shame gland should be, there is a second awesome gland."

Erik Sherman

Sherm, Shermanator, Sparky

Football-9,10,11,12

Kristen Shypula

Soccer-9,10
Cross Country-11,12 Captain
Indoor Track-11,12 Captain
Outdoor Track-11,12 Captain
Accidentals-11,12

"Everything happens for a reason."

Killian Sitler

Michelle Sorkin

Meesh, Meeshy, MVP, "the brain"

Key Club-9,10
Impressions-9,10
Ballroom Dancing Club-9,10
Latin Club-11,12
Math Club-9,10,11,12
Piano Teacher
Tennis summer enrichment TA
Music therapy TA

"If you don't make mistakes, you're not working on hard enough problems. And that's a big mistake."
- Frank Wilczek

"Quidquid latine dictum sit, qltum sonatur. (Whatever is said in Latin sounds profound.)" -Unknown Author

William Spallino

Lacrosse-9,10,11,12 (C)

"The future is not defined by the hopes, dreams, needs and wishes of those of us who inhabit this world. It is forever undefinable, infinitely chaotic and mysterious; unfortunately, our plans mean nothing. So, experience the moment and enjoy life for it is the most extensive project you will ever take...remember that."-
Will Spallino

Grace Spelman

gspel, grakay, speldaddy

Cross Country-9,10,11
Indoor Track-9
Lacrosse-9
German Club-11
All State Chorus-10,11,12
Lyrics-10,11,12
Accidentals-10,11,12
I Cantori-10,11
Senior Class play
Powder Puff game

"To wish you were someone else is to waste the person you are."

Ah music, a magic beyond all we do here!"
- Albus Dumbledore

I know not all that may be coming, but be it what it will, I'll go at it laughing."- Moby Dick

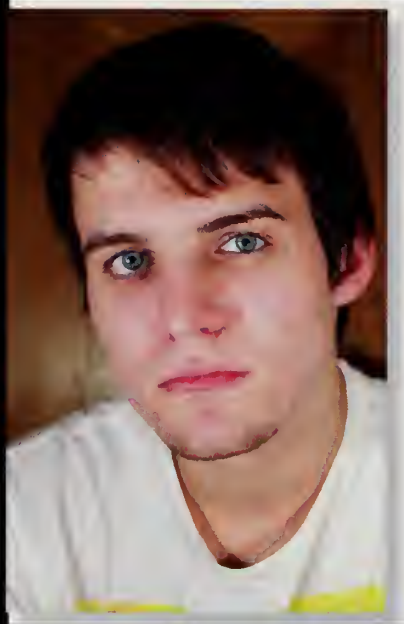
Kevin Stack

Stack of papers, Stack

Football-11

"Word."

"What's good."



Philip Steiger

Steigah with the wife B

Pole Vaulting-9,10,11,12
BPA-9,10,11,12
Ski Team-9,10,11
SGS-10, defense against the dark arts
LHS Puck-12
Ice Sculpting-9,11,12 VP
Magnet Club-11 President
Gypsy Sorcery-9,11
Senior Class Play

"When I'm at the pearly gates this will be on my videotape no matter what happens now you shouldn't be afraid because I know today has been the most perfect day I've seen."
- Radiohead

Tyrell Stewart

Ty, T, TArell

Unity Club-9,10,11,12
Basketball-9,10,12
Soccer-9,11,12
Football-10
Indoor Track-11
Outdoor Track-11

Mary Struziak

Struz

Cross Country-10,11,12
Key Club-10,11,12
Soccer-9
Indoor track-9
Outdoor track-9,10
Environmental club-11,12

Senior Class Play
Powder Puff

"When your closet is clean, you can come clean mine."

"The only true currency in this bankrupt world is what you share with someone else when you're both uncool."
- Almost Famous

Evan Thompson

E Tom

Hockey-9,10,11,12
Baseball-9,10,11,12

"No pain, no gain"

"A good hockey player plays where the puck is. A great hockey player plays where the puck is going." -Wayne Gretsky

Everett Torpey

Ev, Etorps, Torps, Torpedo

Swimming-9,10,11,12
Diving-9,10
Soccer-9
Jet Jotter-10
I Cantori-11
Spanish Club-11,12
Chamber Orchestra-10,11
GWD Lifeguard-10,11,12
Youth Group-9,10,11,12
Pit Orchestra-10,11
All State Chorus-11
Senior District-10,11
Lyrics-10,11,12
Orchestra-9,10,11,12
Senior Class Play

"It's better to regret something you did, than something you didn't do."
- Red Hot Chili Peppers

Stephanie Tougias

Steph

Dance-9,10,11,12
Swimming-10,11,12
Key Club-9,10,11,12
NHS-11,12
Knitting Club-12
Yearbook Club-11,12

Senior Class Play
Powder Puff

Christine Turrini

Chrissy

Outdoor Track-9,10,11,12
Peacejam-12
Equine Club-10,11
Volleyball-11

"For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness; and for poise, walk with the knowledge that you are never alone." - Audrey Hepburn

Sara Underwood

Sunders

Volleyball-9,10,11,12
Track-11
Yearbook-12
Wrestling Manager-12

Powder Puff

"Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind." -Dr. Seuss

Nathan Vass

Elina Vatnikova

Lina, Elly

Crew-11
German Club-11

Flynn Vickowski

Horseback Riding-9,10,11,12
Forest Park Zoo-9,10,11,12
Key Club-9,10,11,12
Treasurer, VP
Outdoor Track-9,10,11,12 (C)
NHS-11,12
Peacejam-12
Indoor Track-10

Senior Class Play
Powder Puff

"Live simply so that others may simply live." - Thomas E. Woodman

"The purpose of life is a life of purpose." - Robert Byrne

Alison Vivian

Ali, A Viv

JV Soccer-9,10
Varsity Soccer-11,12
Outdoor Track-9,10,11,12
Environmental Club-11,12

Senior Class Play
Powder Puff

"Sit quietly, doing nothing; spring comes and the grass grows by itself."

Joseph Walt

Smilin' Joe

Cross Country-10,11,12
Lacrosse-9,10,12
Basketball-9
Football-9
Indoor track-10
Outdoor track-11

Senior Class Play

Erik Weigand

Squigen, Trip Qud

Football-9,10,11,12
Track-10,11,12
Indoor Track-12
Lyrics-11,12
Peacejam-12
Fit Club-10

"Every man dies. Not every man truly lives." -William Wallace

"I am the master of my fate; I am the captain of my soul."
-William Ernest Henley

"Some people want it to happen, some wish it would happen, others make it happen."
-Michael Jordan

Cydney Weiner

JV Softball-9,10
Summer Softball-9,10,11,12
Basketball-9,10
Field Hockey-9,10

Spencer Weiss

Robert Wiles, Jr.

Bobby

Hockey-11
NHS-11,12
Lyrics-12

"Do not dwell on the past, do not dream of the future, concentrate the mind on the present moment." -Buddha

Sarak Wiles

"It is your choices, far more than your abilities, that show who you truly are."

"We've got both light and dark inside us. What matters is the part we choose to act on. That's who we really are."

Kahri Wood

K-Wood

Football-9,10
Basketball-9
Indoor Track-10,11,12
Outdoor Track-10,11,12

Unity Club-9,10,11

Community Service Learning

Jaclyn Wright

Jackie, Jack, Jacko, J-Wright

Titan All-Star Cheerleading-9,10,11
BPA-10,11
Boys Lacrosse Manager-10,11,12
Pioneer Gymnastics-11,12
Powder Puff
Senior Class Play

"What does not kill you, will only make you stronger."

Alison Wynn

"I'll think dreamy things as I'm waving goodbye, so I'll spread out my wings and fly." -Adam Young, Owl City

Laura Yesu

Lu, Laura Kate

Soccer-9,10,11,12
Basketball-9,10,11,12

Powder Puff

"Go confidently in the direction of your dreams! Live the life you've imagined." - Thoreau

Mark Zak

Clark, Nark, Markie, Marky

Soccer-9,10,11,12
Skiing-10,11,12
Lacrosse-9

"Champions aren't made in the gyms. Champions are made from something they have deep inside them - a desire, a dream, a vision."

Zachary Zimmerman

"Be the change you wish to see in the world."-Gandhi

Alexandria Zippin

The following members of the Class of 2010 are not pictured. They are: Dylan Crabb, Bryan LaFrance, Hannah Peskin, and Sean Wang.

You Can Only Be a Baby...

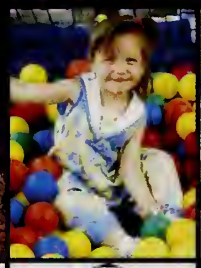
Once in a Lifetime

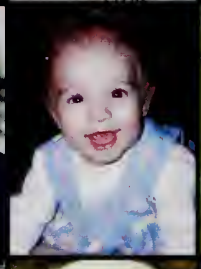
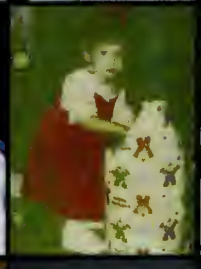
Who's who?

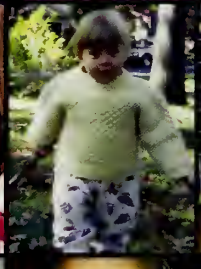
Match the baby picture with the member of the Class of 2010

Kristen Adams
Erin Amato
Alexandria Ascioti
Christian Banda
Jeremy Barr
Alanna Bernstein
Adam Bistran
Robert Wiles, Jr.
Brigid Foley
Nathan Brooks
Alison Brooslin
Mia Bsat
Olivia Buscemi
Paul Cangialosi
Brya Capell
Ariel Capurso
Hannah Casey
Atlee Chait
Sarah Charbonneau
Meaghan Consedine
Imani Cosby
Bridget Crimmins
Danielle George
Kelsey Deary
Antonia Demarco
Rachel Desrochers
Calvin Diamond
Danielle Dickstein
Dmitriy Donskoy
Kasie Fagan
Rachel Fearn
Deidra Felici
Emilie Ferreira
Caitlyn Fiedler
Michael Fisher
Matthew Fratini

Alexander Freedman
Peter Galucci
Mia Gauthier
Helene Gerasimchuk
Rebecca Goodless
Matthew Grippo
Claire Halchak
Christine Heady
Jasmine Heffner
Jake Heger
Gabrielle Henderson
Katie Hibert
Amelia Houghton
Caitlin Hussey
Talia Jackowitz
Jessica Feigen
Katlyn Kelliher
Christopher Kang
Jasmine Kearse
Margaret Keitzman
Jordyn Komack
Kristiana Lachiusa
Mara Lasko
John Laurenzano
Stephanie Lauria
Alesha Levenson
Jordan Llodra
Morgan Llorens
Kelsey Lubenstein
Joshua Lyons
Emily Marsh
Thomas McKeown
Meaghan Consedine
John Montana
Andra Narrigan
Zakia Natour





Elina Vatnikova

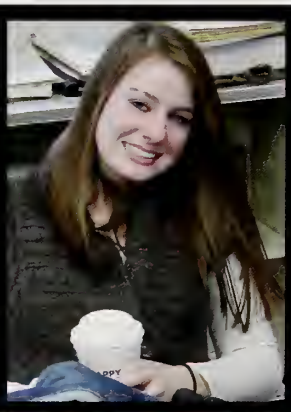
Alejandro Navarette
Paige Kimball
Brittni Peck
Lucas Pers
Madeleine Piccus
Christian Pierre-Pierre
Alexandra Pioggia
Noelle Pollack
Andrew Purruganan
Sara Putnam
Jenna Race
Farwa Rizvi
Darcy Rzepka
Courtney Samuels
Sarah Wiles
Sawyer Hicks
Paula Shea
Trevor Shea
Flora Shenker
Kristen Shypula
Grace Spelman
Kevin Stack
Stephanie Tougias
Christine Turrini
Sarah Underwood
Flynn Vickowski
Joesph Walt
Cydney Weiner
Alison Wynn
Laura Yesu
Mark Zak
Lexi Zippin

Senior Superlatives

Best Dressed: Alex Pioggia and John Laurenzano

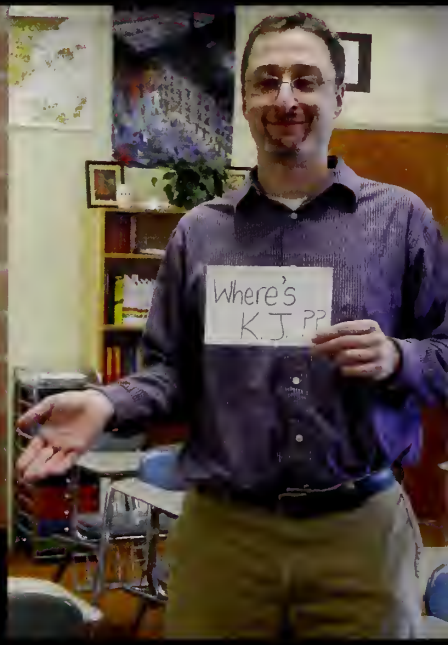
Best Car: Steph Dionisi

Most Likely to be on Broadway: Kasie Fagan



Most Likely to be Famous: Phil Steiger

Most Likely to be Sent to the Office: Alex Cool



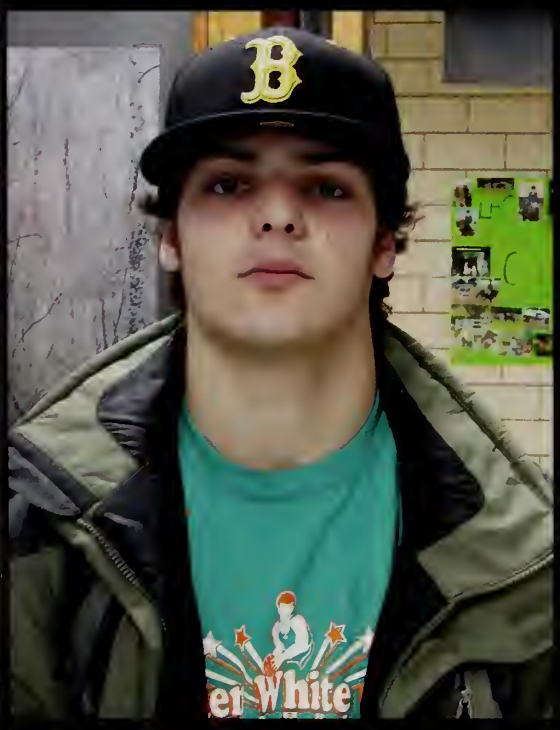
Most Likely to Bounce: KJ Rhone

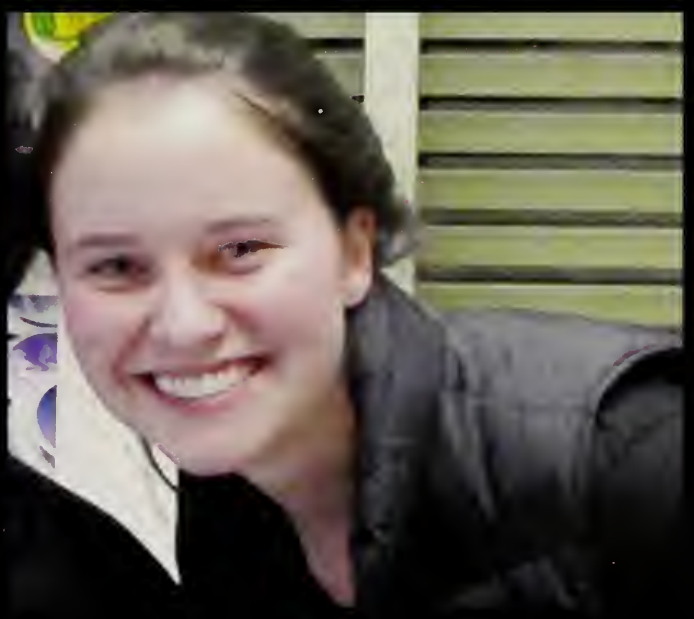
Class Artist:
Kateri Quirk

Most Theatrical:
Grace Spelman

Most Likely to Set Off the Fire Alarm: Max Connery

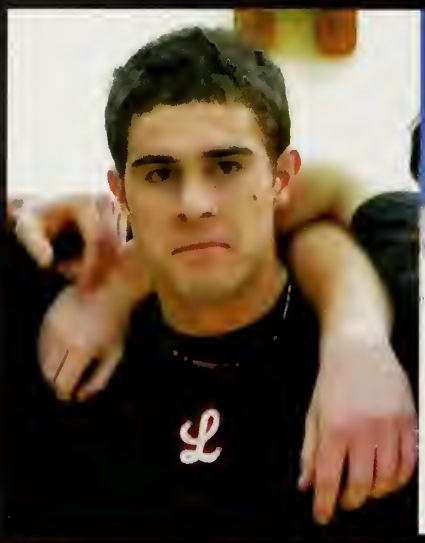
Most Likely to Skip Class:
Will Spallino





Best Voice:
Kathryn Middleman

Senior Superlatives



Best Athletes: Mike Fisher and Paige Cuscovitch

Best Musician: Andrew Melchionna

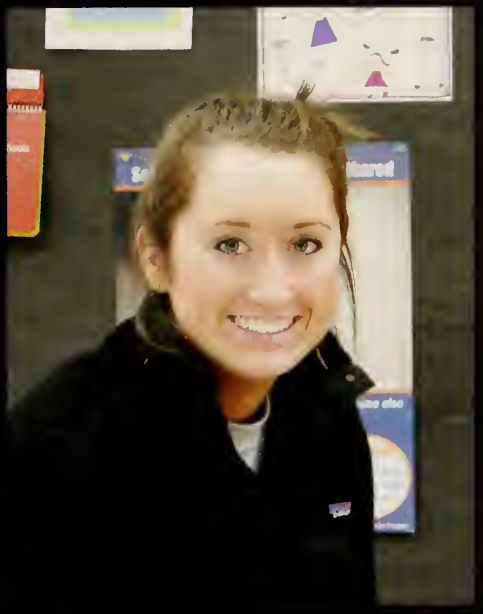
Most Likely to Succeed: Sara Li

Most Likely to be Late: George Sanchez

Class Taxi: Mark Zak

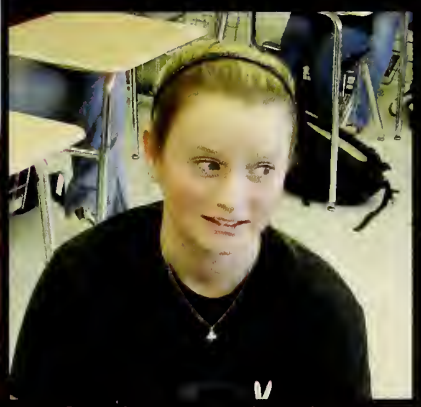
Best Dancer:
Christian Banda

Most Friendly: Erin Amato



Class Teacher's Pet:
Jeanne Kiernan

Most Likely to Sleep in Class:
Christopher Kang



Best Party Throwers: Mike Anderson & Megan Anderson

Best Hair:
Alison
Vivian

Senior Superlatives

Best Eyes: Steve Desmarais and Alyssa Korman

Most Innocent and Class Genius: Michelle Sorkin

Best Muscles: Paul Cangialosi

Most Likely to be President, Class Clown and Best Hair: Ryan O'Grady

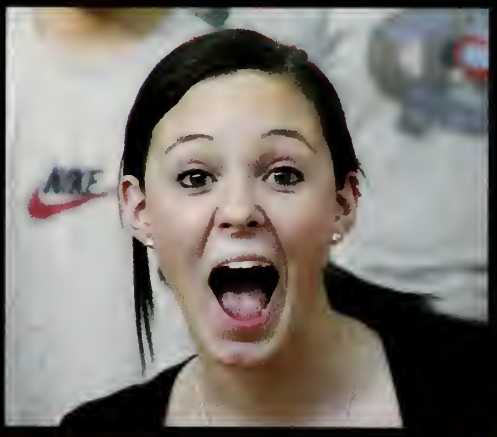
Most Likely to Have a Cell Phone On: Mary Struziak

Best Laugh: Joey Polverini

Best Facial Hair:
Ryan Gilmore

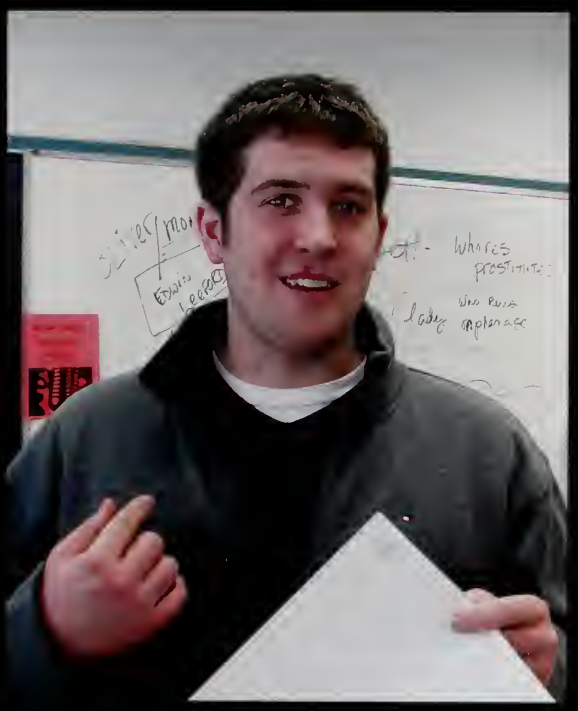
Class Geniuse: Kevin Miao

Most Likely to be on MTV:
Lexi Kivari



Most Likely to be on TV:
Andrew Purugganan

Most Likely to Win an Eating Contest: Troy Ochoa

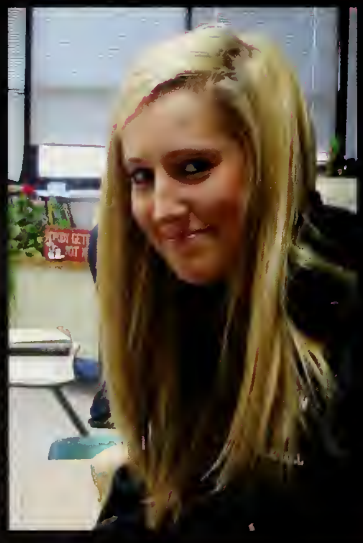


Senior Superlatives

Best Couple: Tyler Heffernan and Flora Shenker

Most Likely to Cure Cancer:
Brendan Prast

Changed Most in High School:
Melissa Gentile

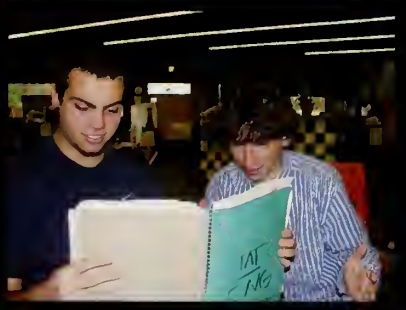


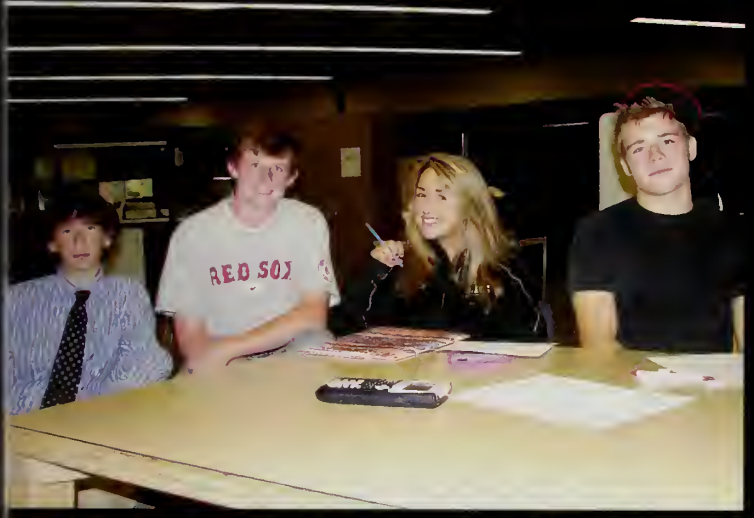
Biggest Boss and Best Smile:
Steph Lauria

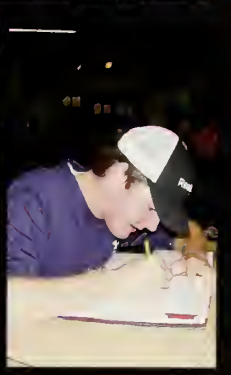
Best Looking: Christian Pierre-Pierre and
Jordyn Komack

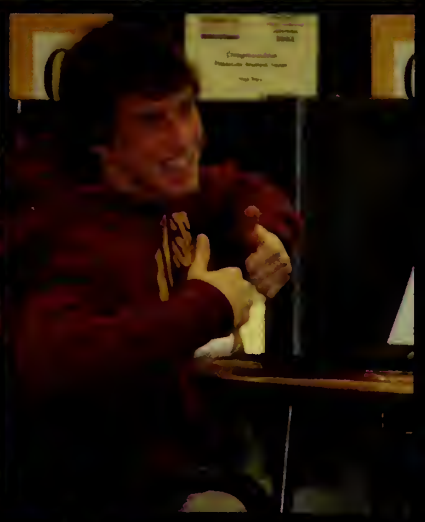
PSSP

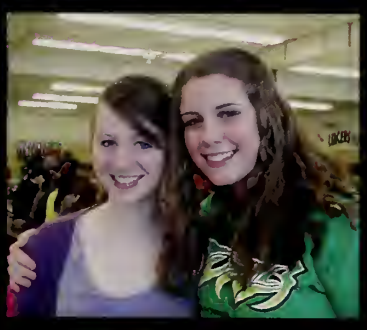
LACROSSE

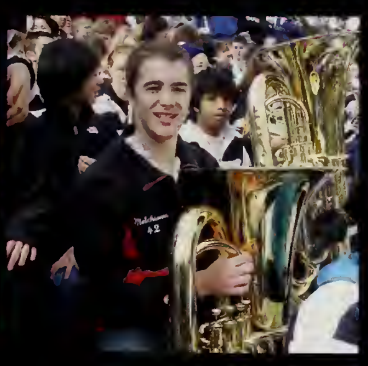



RED SOX





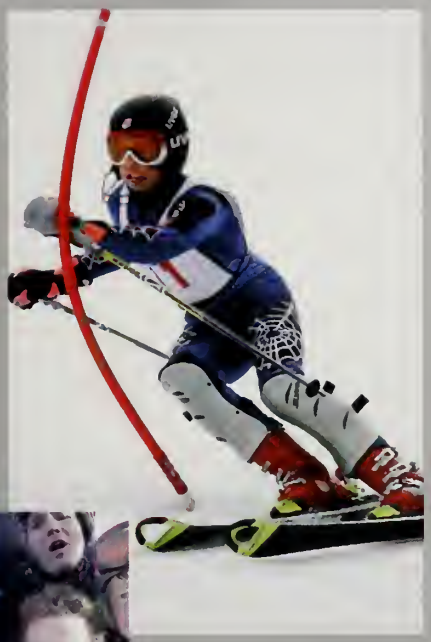


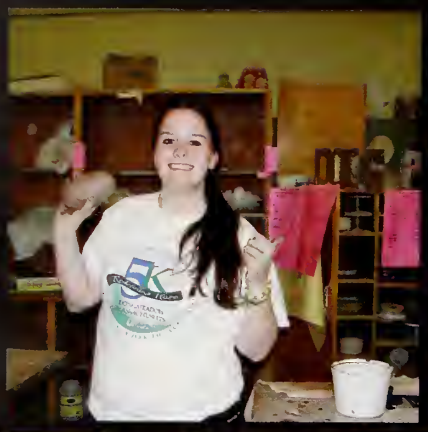
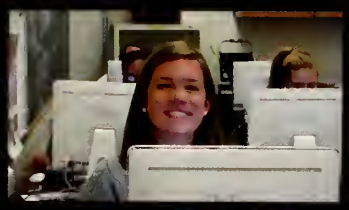


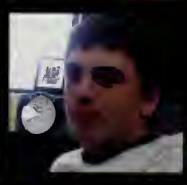
LANCE
BASEBALL

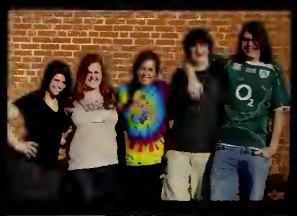
Western Mass State Champions!

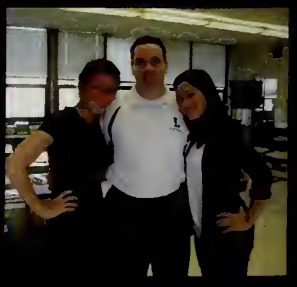
Garrett Gagne'
State Slalom Champion

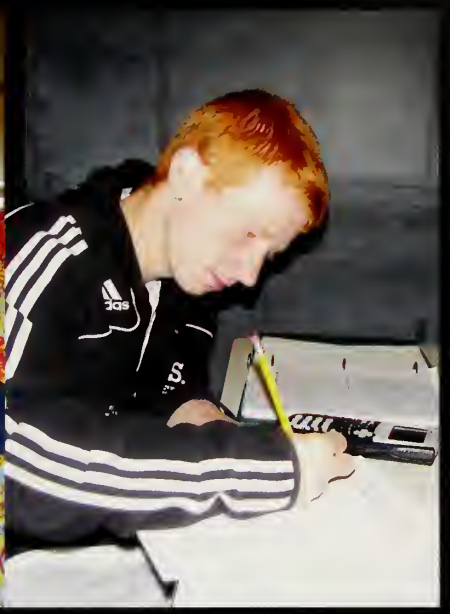


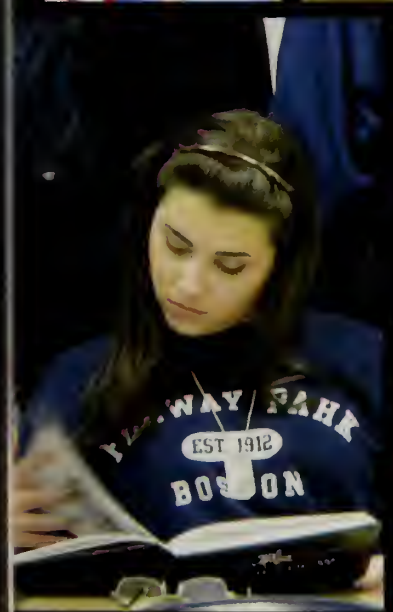



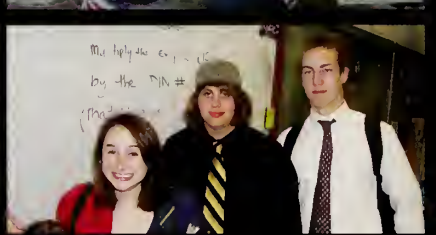






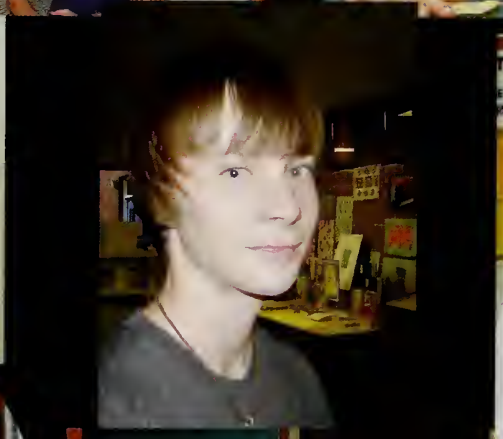


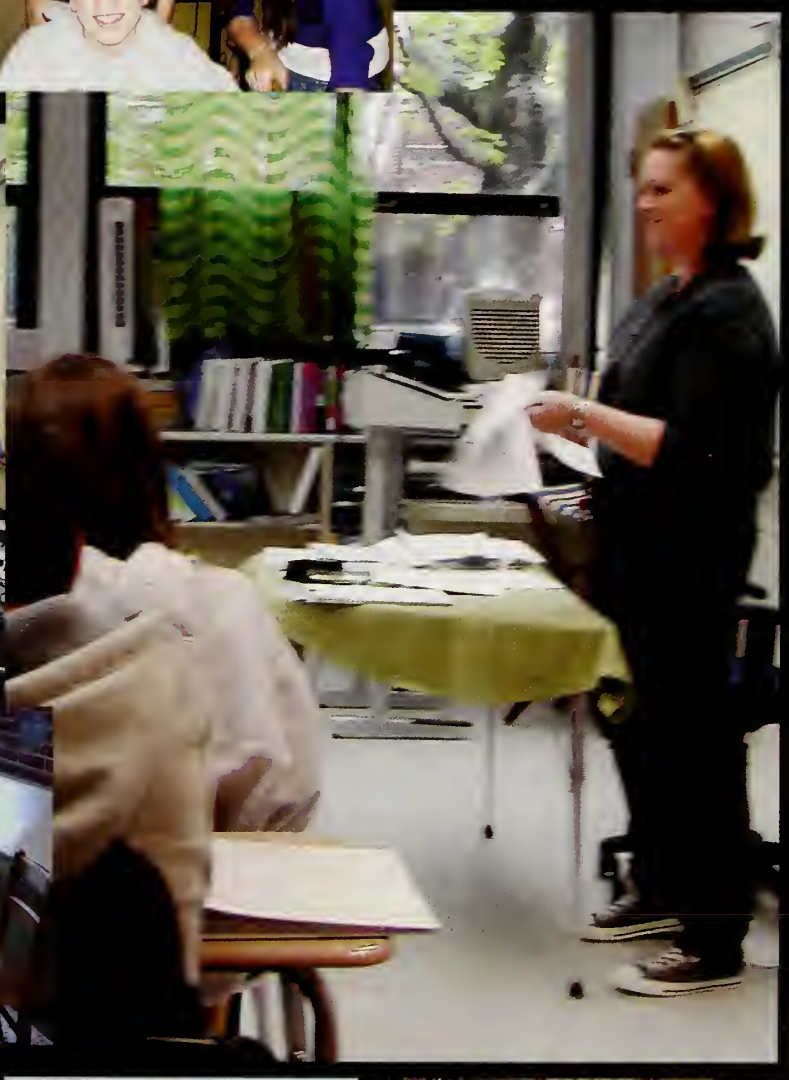


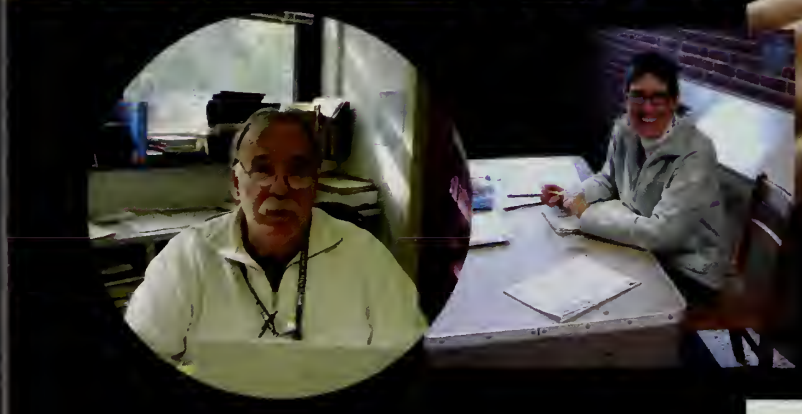


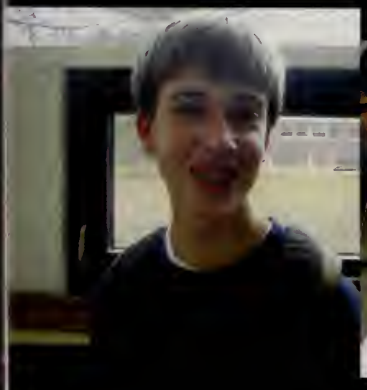
CAPE COD

PENN STATE
FOOTBALL









Once In A Lifetime...

CLASS OF 2011

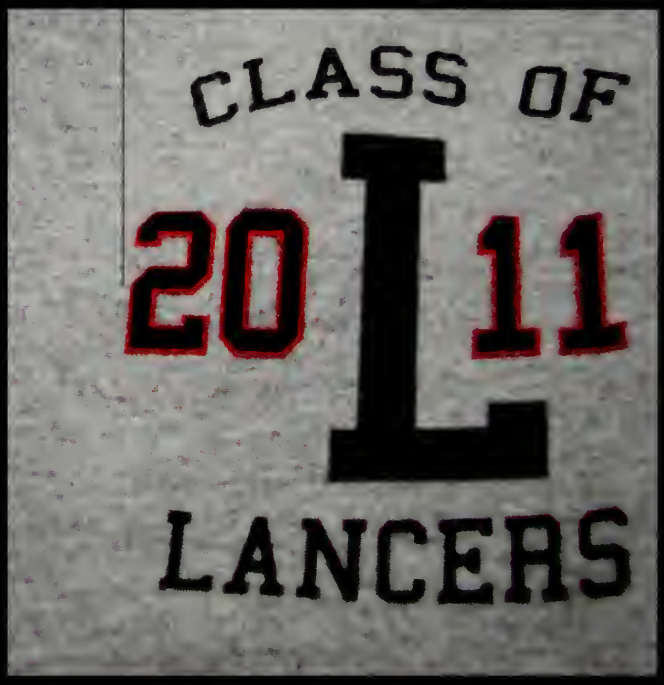
Juniors

President
Teddy O'Reilly

Vice President
Ryan Gallo

Secretary
Davin Steiger

Treasurer
Spencer James



Jennifer Rousseau

Bill Lyon

Advisors

Francis Abad
Jessica Abelin
Brian Adams
Mark Adamski
Michaela Albano
Guido Alexander

Jonathan Alger
Julianna Amegan
Ian Anderson
Jeffrey Anderson
Zachary Asher
Mica Baevsky

Sarah Baltruweit
Sarah Banning
Stephen Barnett
Ryan Barry
Kyle Barsalou
Michael Bearce

Michael Beith
Conor Bender
Geoffrey Biron
Nicholas Blais
Brynn Boutin
Marie Brandstein

Sara Brooks
Haley Burke
Emily Burt
Nathan Byrne
Nicholas Byrne
Arancha Caceres

Cameron Camargo
Chelsea Camerlin
Catherine Camerota
Daniel Carolan
Adam Caronna
Carissa Cartelli

Weng-Him Cheung
Michael Chin
Brianna Christofori
Joseph Ciejek
Kate Cirillo
Julia Clayton

Meeghan Collins
Shane Connors
Gregory Copeland
Caroline Corwin
Justin Cosenzi
Christopher Cox

Dean Craven
John Cresci
Anthony D'Angelo
Hanna Daboul
Makenze Dakers
Douglas Dale

Andrew Decoteau
Sean DeLisle
Paige Dendievel
Travis Devin
Timothy DiStefano
Alison Donnelly

Kyle Douglas
Mikayla Dowd
Ciara Dudeck
Jacqueline Dunn
Conor Dunne
Andrew Echeverria

Desiree Edwards
Elissa Erwin
Timothy Farris
Marcello Federico
Andrew Feigen
Michael Fein

Andrea Firestone
Rachel Firestone
Annika Flavin
Shannon Fluharty
Katharine Freeman
Joshua Friedberg

Garrett Gagne
Ryan Gallo
Ben Gelinas
Rebecca George
Celia Gibson
Nicholas Gilman

Jeremy Glass
Ashley Gralia
Sarah Greenberg
Nicole Greene
Matthew Grumoli
Emily Guo

Grace Gustafson
Max Haberman
Matthew Hadley
Sarah Hannigan
Derek Harmanli
Michael Heady

Jacey Hebert
Corey Hedges
Gregory Hepper
William Hinman
Timothy Hobart
Elizabeth Holmes

Sung Hong
Eric Hottin
Nicholas Hughes
Joshua Hurwitz
Joshua Jacobson
Hannah Jagodowski

Tyler James
William Janes
Tiffany Jao
Kaleigh Jaron
Adam Jermyn
Brittany Josephson

Rachel Kent
Hyemi Kim
Maximilian Kinne
Tucker Kinne
Brooke Kirastoulis
Sarah Klein

Ashley Kmon
Luiza Korobkova
Varvara Koroleva
Ben Krevalin
Zachary Kronlund
Drianne Laliberte

Steven Latka
Samantha Layman
Dimitrije Lazic
Rayna Liebman
Kelsey Lockhart
Andrianna Loizzo

Andrew Lombard
Joshua Londergan
Tucker Low
Lauryn Lubenstein
Victoria Lussier
Mark Lysik

Sravya Madabhushi
Gabrielle Madden
Chelsea Mallows
Angelo Manzi
Lucas Manzi
Martin Markenson

Caroline Martin
Taylor Maxey
Ambra Maymon
Kyle McDonald
Seamus McEvoy
Anna McGann

Conor McGoldrick
Hannah McGrath
Samuel McKeown
Griffin McMahon
Kathryn McNamara
Jason McQuade

Muhammad Merza
Patrick Metcalf
Morgan Metropoulos
Glenn Michelman
Harry Miller
Wesley Miller

Rebecca Minardi
Angelina Morisi
Jesse Myers
John Narmontas
Peter Nassar
Ana Navarrete

Michael Nell
Calvin Nguyen
Brandon O`Brien
Olivia O`Hara
Edward O`Reilly
Omowunmi Odutola

Nicole Ogden
Jenna Okun
Max Omer
Christine Orr
Kyle Ostrander
Alexander Pascal

Evan Patel
Blair Patton
Casey Payne
Naomi Pen
Erin Pierce
Brian Plumb

Jack Polak
Emily Prast
Lucy Psaltis
Allyson Pyers
Kevin Quinn
Michael Ratner

Kaelin Reilly-Evans
John Reuter
Jamall Reynolds
Jenna Rome
Matthew Rosenkrantz
Rachel Rothstein

Alexa Rowe
Mia Russo
Stephanie Sabatini
Tarquinn Samuels
Katherine Sanborn
Desiree Santaniello

Liza Schepps
Elliot Scher
Alexander Schmitt
Nicolina Scibelli
Patrick Scott
Stefan Sjoberg

Katelyn Smith
Stefanie Smith
John Sopet
Evan Sotiropoulos
R. Sam Sprinthall
Davin Steiger

Benjamin Sterritt
Taylor Stevens
Lindsay Stockley
Eleanor Stream
Cynthia Susai
Heather Sweeney

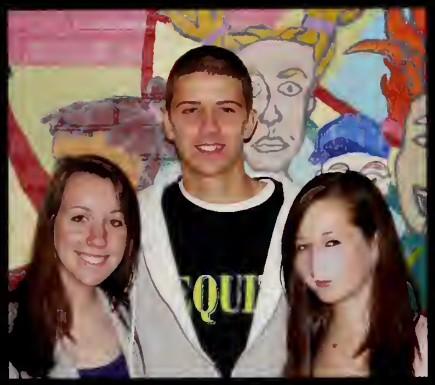
Ilanna Tariff
Timothy Taylor
Joseph Teed
Kirsten Thor
Michael Torcia
Olivia Tufts

Joshua Ungar
Amber Vien
Joseph Volk
Stacy Wacks
David Walen
Christopher Warner

Meredith Webber
Andre Welch
Thomas Wheaton
Melissa Winer
David Woodward
Mark Wysocki

Mona Yuan
Alex Zucker
Nicholas Zwaan

The following members of the class of 2011 are not pictured:
Robert Collins, Taylor Thompson



4
7

Once In A Lifetime...

CLASS OF 2012

Sophomores

President
Adam Schmuter

Vice President
Erin Kiernan

Secretary
Emily Walthouse

Treasurer
Ben Gagne-Maynard

Matt Flanagan

Lori Robbins

Advisors

Brendan Abad
Gina Albano
Muhanad Aldulaimy
Taryn Amatruda
Matthew Anderson
Megan Appleman

Marisa Azevedo
Deanna Bach
Ryan Baker
Jean Banda
Anthony Barbuti
James Barnhart

Sarah Barnhart
Daniel Barron
Carly Barsalou
John Basile
Julia Bell
Rebecca Berezin

Ned Berube
Chloe Besanko
Katie Besanko
Camille Blackman
Dylan Booke
Daniel Borowsky

Sarah Breslau
Amanda Brock
Kimberly Brown
Sean Brown
Taylor Brust
Lindsey Burns

Tyler Burns
Ricky Burston
Maria Cambi
Carlie Capell
Michael Carando
Samantha Carvalho

Margo Chanin
Jacob Chernick
Elinor Chick
Jacqueline Chipkin
Alexandra Chipouras
Jesse Clark

Ryan Connery
Kaitlin Corbett
Michael Corvin
Ciara Cosby
Matthew Cotnoir
Robert Cox

Caroline Cress
Emily Crocker
Danielle D`Agostino
Colin Danalis
Hannah Davis
Nellie Dawson

Matthew Deane
Cady Deary
Andrea Dimauro
Gabriella Discenza
Meredith Disessa
Mackenzie Ditomassi

Alec Draymore
Alexa Dunn
Christopher Duquette
Kathleen Duquette
Charlotte Dzialo
David Eagan

Gregory Echeverria
Sarah Engell
Alexa Engelman
Lily Faber
Kenneth Fagan
Marrina Falcone

Raheel Farooqui
Robert Farquhar
Francheska Federico
Melanie Feen
Joshua Feinberg
Joseph Felici

John Fenton
Sean Fiedler
Travis Filiault
Natalie Fioretti
Jenna Fisher
David Fleming

John Foley
James Frank
Daniela Friedson
Brian Fydenkevez
Benjamin Gagne-Maynard
Eric Garcia

Michael Garrity
Sirena Gebeau
Edward Gerasimchuk
Jennie Gilmore
George Ginopoulos
Rachel Glick

Hallie Goldstein
Lucy Gouvin
Danielle Granger
Yolanda Green
Michael Greenbaum
Alexander Greenberg

Remy Greenhut
James Grippo
Samantha Grodsky
Alison Gronostalski
Stephen Grow
Rachel Gyllenhammer

Kyle Harris
John Haryasz
Emma Haskell
Anne Hayes
William Heemskerk
Killian Hennessey

Emilee Herringshaw
Devaughn Hill
Autumn Hinson
Shaina Hirschkorn
Connor Holmes
Evan Homon

Jason Horowitz
Megan Houff
Connor Hussey
Michael Iancu
Erica Josephson
Jessica Joslin

Jack Kamin
Christina Kapinos
Randi Katz
Michael Keating
Ryan Keator
Dylan Kelleher

Egan Kennedy
John Kennedy
Brianna Kenney
Erin Kiernan
Alice Kim
Brendan Knight

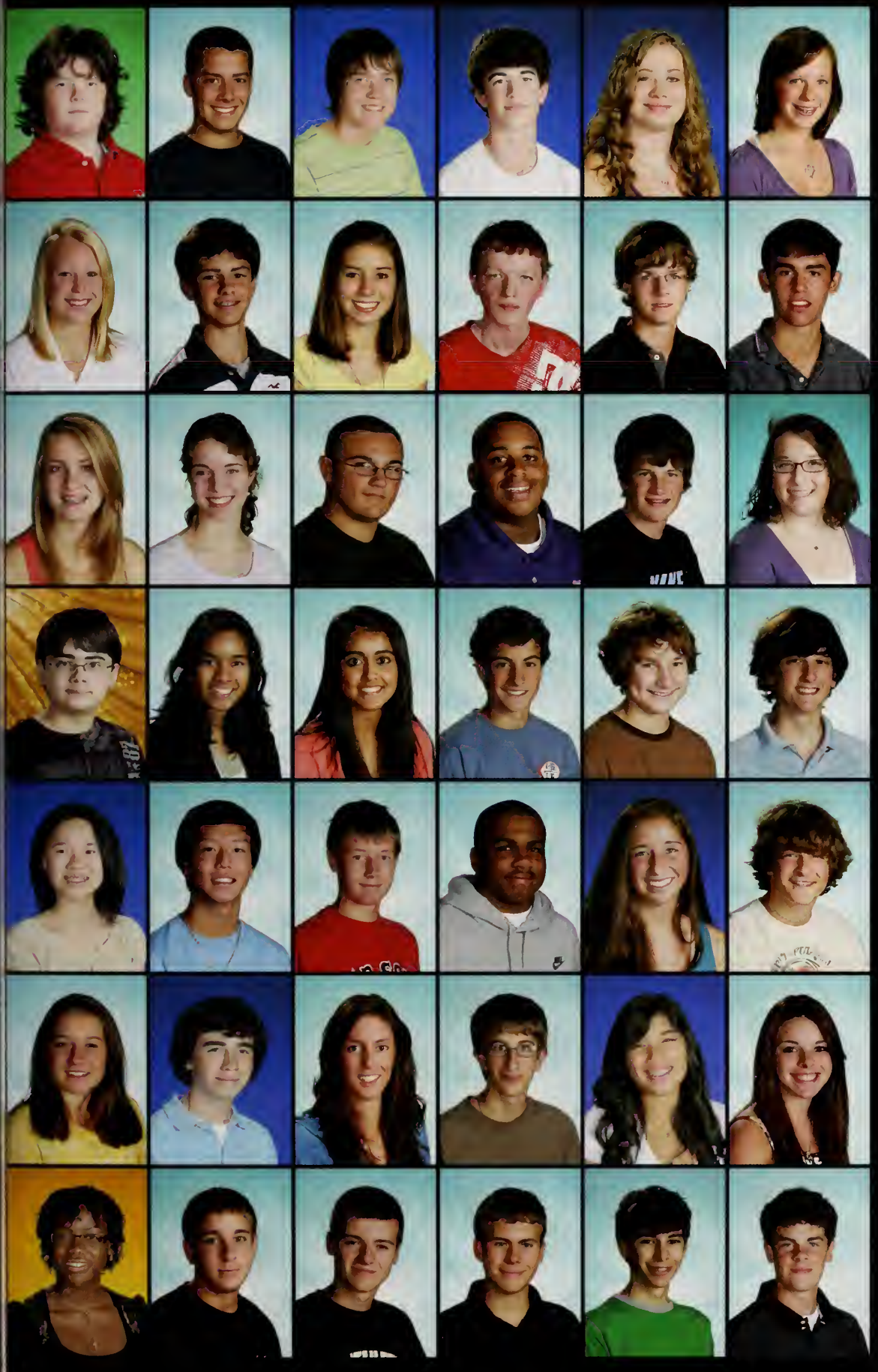
Kathleen Knight
Alexander Koerner
Sindhu Kondaveeti
Pallavi Kottamasu
Paisley Krach
Joseph Kurbanov

Glenn Lafountain
Austin Lai
McKenna Larivee
Joseph Lavertue
Jacob Lazarus
Marc Le Duc

John Lee
Abigail Leshine
Bennett Leveillee
Benjamin Levenson
Taylor Llodra
Tess Lubenstein

Alexandra Lyon
Gabrielle Mack
John MacKenzie
Nicholas Maldonado
Christina Maloney
Jeffrey Mancuso

Charlene Mangold
William Mansfield
Timothy Marsh
Cassandra Martin
Samantha Maynard
Anna Maziarz



Brendan McAdoo
James McCarthy
Simon McCarthy
Thomas McCarthy
Caitlin McCoy
Marissa McDermott

Eileen McDonald
Daniel McDonough
Madeline McLean
Patrick McMahon
Joshua Mendel
John Mentor

Lauren Mertens
Alice Metz
Joshua Minardi
Ryan Moore
Ryan Moriarty
Sofia Muhlmann

Justin Myers
Nitheesha Nakka
Suryanshi Nayyar
John Neil
Aaron Neiman
Samuel Neveu

Vivian Nguyen
William Nicholson
Tom Nilsson
Terry Norris
Haley Northrup
Alex Novak

Erin O`Connor
Conor Olmsted
Erica Oundjian
Peter Paleologopoulos
Jasmine Papoutsakis
Monique Paquette

Chrystelle Paul
Jarrod Peck
Michael Peet
Austin Percy
Matthew Perruccio
Ryan Philbin

Jean Pierre-Pierre
Daniel Pierson
Caitlyn Pisarski
Kayla Polgar
Dana Pugh
Brett Rabideau

Elise Kei-Rahn
Alison Rancourt
Mai-Tram Riquier
Theresa Robitaille
Jacob Rothstein
Alysse Rourke

Yonatan Rubenstein
Catherine Ryan
John Ryan
Kevin Rzepka
Suchir Sampath
Kyle Sampson

Connor Samuelson
Timothy Santiago
Shannon Santos
Philip Schafer
Adam Schmuter
Gregory Schneider

Emily Schwartz
Joseph Scuderi
Nathan Scyocurka
Hannah Sears
Hannah Seay
Sarah Selden

Amey Sharma
Gary Shea
Benjamin Siegel
Rachel Siegel
Daniel Simon
Megan Smith

Paige Smith
Joseph Stasiowski
Kyle Sutherland
Alexa Tariff
Katherine Taylor
Lauren Termine

Kayla Towsley
Devon Turcotte
Emily Walthouse
Sara Welch
Eric Wells
Colin Whitney

James Whitehouse
Leah Winer

The following members of the class of 2012 are not pictured: Aleksey Berdnikov, Bailey Center, Arine Fereshetian.

Once In A Lifetime...

CLASS OF 2013

President
Austin Rowe

Vice President
Jeremy Koerner

Secretary
Jen Putnam

Treasurer
Alex Shapiro

Freshmen

Karla Drake

Amy Holt

Advisors

Connor Abad
Niles Ackerman
Patrick Ahearn
Austin Amato
Molly April
Orit Armon

Olivia Aseltine
William Aye
Laura Baker
Kevin Barry
Eric Barsalou
Madison Beaulieu

Abraham Belyy
Allyssa Black
Ryan Blain
Hailey Brinnel
Matthew Brown
Sebastian Brunell

Kelsey Burke
Christopher Byrne
Sean Byrne
Louis Calabrese
Lisa Calcasola
Catherine Camacho

Ashley Camerlin
Patricia Camerota
Angela Caputo
Anna Carey
Elizabeth Caronna
Graziano Carpentieri

Mary Casey
Colin Cassidy
Danielle Chabot
Talya Chait
Zachary Chase
Zachary Chernick

Weng-Ching Cheung
Adam Chiz
Devante Clarke
Madalyn Cohen
Rebecca Cohen-Lind

Michael Cole
Emma Collins
Paul Collins
Michael Connors
Justin Coon
David Copeland

Shane Coughlin
Griffin Crafts
Alexandra Crews
Cameron Decain
Eliot Decker
Jessica Dee

Courtney Devin
Samantha Dibbern
Natalie Dibona
John Dombek
Brian Douglas
Nicholas Drennan

Keegan Dudeck
Nicholas Dunkerley
Liam Dunne
Patrick Durocher
Daniel Ehrlich
Nathan Elder

Raven Emanuel
Hannah Epstein
Sarah Etkin
Fahad Farooqui
Jacquelyn Filomeno
Katherine Fleming

James Formaggioni
Stephen Freyman
George Frick
Jenna Friedberg
Antonio Fusco
Angela Gauthier

Simone Gelinas
Mark Gentile II
Eve George
Hannah Gilman
Hannah Glick
Samantha Goldaper

Ethan Goldberg
Alec Goodman
Taylor Gordenstein
Alexander Gottzmann
Noah Gurzenski
Andrew Hadley

Erica Haines
Christopher Hannigan
Thomas Hannigan
Chelsea Harrison
Jillian Heger
Cecilia Hennessy

Kathryn Higham
Meghan Hurley
Jennifer Hurwitz
Daniel Ishak
Ariella Jaron
Brenton Jenkins

Meghan Jones
Ethan Kadis
Zachary Kalman
Myung Kang
David Kearing
Owen Kelleher

Tyler Kelleher
Rose Kelly
Shea Kelly
Cormac Kennedy
Jared Kennedy
Timothy Kennedy

Connor Kivari
Jeremy Koerner
Rachel Kofman
Ethan Koltz
Rachel Korn
Jacob Krainson

Ashley Kratovil
Samantha Krevalin
Nicholas Kristoffy
Stephen Krushell
Rachel Kullman
Caroline Kusiak

Alexandra La Bella
Joshua Lazarus
Benjamin Leavitt
Eric Lee
Joseph Lee
Kyu Ho Lee

Alyssa Lehouiller
Mary Lemay
Alexander Leslie
Matthew Levsky
Aaron Lipp
Frederick Liu

Christopher Lockhart
Laurence Lohman
Stephanie Loizzo
Elise Lombard
Michael Longo Jr.
Hunter Lubenstein

Tyler Lucey
Anthony Luongo
Rachael Lyons
Morgan Mailman
Briana Mango
Poornima Manikantan

Laura Manzi
Michael Mariano
Emily Martin
Samuel Martin
Andrew Massa
Meghan Matthews

Robert McClure
Molly McQuade
Ariel Michaels
Sally Mikhlin
Julia Miller
Julia Morisi

Christopher Mucci
Andreas Mueller
Sean Mulvaney
Ross Muratore
Kristen Nadeau
Justin Nathan

Benjamin Neveu
Tyler O`Brien
Alexa O`Hara
Zoe Ochoa
Taylor Ollari
Matthew Paleologopoulos

Vivek Palreddy
Adam Paquette
Hayley Payne
Richard Pelchar
Eric Pers
Zoe Piccus

Kevin Pierce
Christopher Pierson
Samuel Plotkin
Michael Poisson
Grace Polak
Mollie Posnik

Myriam Poznar
Jennifer Putnam
Kyle Quinn
Kelsey Regan
Katherine Reggiannini
Brian Reid

Kevin Reilly
Ethan Requardt
Nakeisha Roberts
Katherine Rosen
Austin Rowe
Tiffanie Russo

Spoorthi Sampath
Alexandra Santiago
Anna Schwartz
Joseph Scibelli
Candice Scott
Michael Sell

Alex Shapiro
Connor Shea
Keri Shea
Megan Shea
Tayyab Sheikh
Jacob Shenker

Alexander Sherman
William Shrenker
Austin Sierra
John Sinclair III
Nicholas Sitaras
Hannah Skiest

Logan Skole
Dylan Smith
April Solon
Chang Bae Son
Julia Spelman
Mariah Stambovsky

David Stewart
Matthew Stockley
Nathan Strain
Jane Stream
Alexander Strempel
Matthew Suzor

Makayla Syphrit
Olivia Szostkiewicz
Will Szostkiewicz
Dillon Talbot
Morgan Taniwha
Shane Taylor

Steven Tignor
Ashley Toebes
Lena Topitzer
Amanda Torcia
Alexander Torpey
Daron Turcotte

Amanda Tyler
Christopher Valdes
Alec Walt
William Walthouse
Maria Waslick
Gabriel Webb-Millet

Blake Webler
Samuel Weinberg
Nathan Weissman
Anthony White
Colin White
Trevon White

Caleb Wint
Emma Wohlers
Michael Woods
Kimiko Wysocki
Mikayla Wysocki
Derrick Yam

Julie Yesu
Alexander Zdonick

The following members of the class of 2013 are not pictured;
Ryan B'Shara, Nathaniel Munic, Chandler Scyocurka.

FACULTY

Once In A Lifetime...

Principal Larry Berte

Linda Ackley
Lisa Alves
Ruthann August
Betsy Baldwin

Susan Bayley
Rosalie Becker
Ellie Bedard
Rose Bergamini

Jayne Berman
Maureen Cadieux
Deborah Callahan
George Carellas

Cheryl Casanova
Taylor Christopher
Mark Cormier
Janet Coyne

Lauren Crafts
Rosalie Craven
Karen Cuthbert
John Devine

James Dibbern
Mary Ellen Dillon
Deana Dirico-Fisk
Katherine Disabito

Karla Drake
Nancy Duffy
Paul Dunkerley
Patricia Dussault

Barbara Ezer
Jennifer Faulkner
Katherine Fedorov
Gideon Fischer

Christina Fisher
Dennis Fitzgibbons
James Flaherty
Matthew Flanagan

David Fontes
Julia Fournier-Rea
Michele Garreffi
Hilary Godin

Laura Goldstein
Cathleen Haldopoulos
Rita Hawker
Lorena Healy

Amy Holt
Dorothy Hopkins
Eric Howard
Pauline Jacek

Bridget Keator
Aaron Keller
Linda Kelly
Christine Kervian

Melanie LaFlamme
Thomas Landers
Alene Lang
Heather Langone

Meredith Laughlin
Scott Layman
Robert Lee
Scott Little

Karen Locke
William Lyon
Donna Lyons
Sandra Macdonald

Patrick Magowan
Gerald Martin
Wendy Martin
Teresa Matthews

Jonathan Matusko
Sarah McCarthy
Linda McPartlan
Ann Moore

Jessica Moore
Vivian Morse
Michael Mucci
Judy Neilson

Robert O'Connell
Cindy O'Malley
Karen Omartian
Lois Ostrander

John Pantuosco
Denise Penna
Susan Peters
Pamela Pion

Dayna Podrove-Cruz
Heather Pollard
Janice Pontacoloni
Janine Preston

John Rauseo
Lori Robbins
Maria Romeo
Michael Rosemond

Alexander Rotsko
Eleanor Rotsko
Jennifer Rousseau
Meaghan Roy

Sandra Samol
Bethanie Sawyer
Robert Schulze
Megan Schwartz

Judith Scott
Karen Shea
Anthony Shroat
Joanne Sleigh

Marianne Smith
Stacy Smith
Kathleen Smith Epaul
Lori Snyder

Nicholas St George
Geoffrey St Pierre
Mark Staples

Charlotte Steele
Debra Stegall
Joseph Sweeney
Nathan Swistak

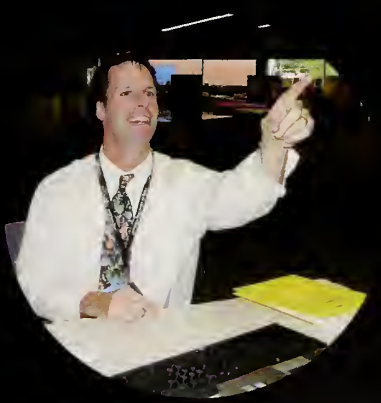
Karla Thomas-Alcala
LouAnne Tremblay
Susan Turcotte
Justin Valley

Lorraine Vassilopoulos
Stewart Walker
Robert Weir
Kathleen Wells

Kayla Werlin
Gina Whipple
John Williams
Catherine Wiseman

Lori Calabrese
Joseph Rusenko

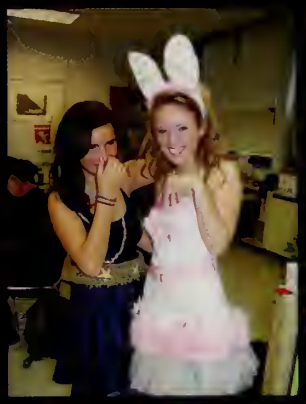
Staff members not pictured include: Carol Connery



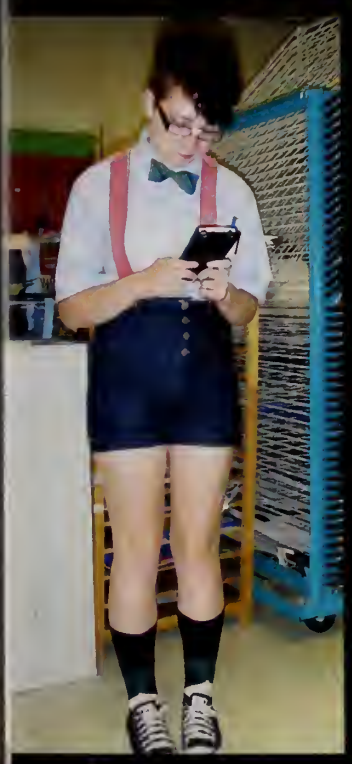
Halloween only comes around once...

STARBUCKS COFFEE

A



OUT



GLUTTO
LUST
CREED

1, 2, 3!

DODGEBALL!

LONGMEADOW
CANADA
LACROSSE

C.O.P.E

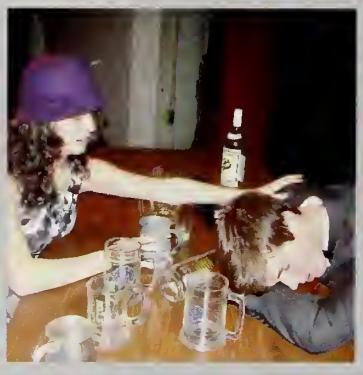
Chicks with Sticks

Ice Hockey vs. Field Hockey

LHS
LHS
LHS
LHS
LHS

Senior Class Play

Anything Goes!



POWDER PUFF 2009

Power Rangers VS. Ninja Turtles

99

SPORTS '09-'10

LANCERS
10

14

Greyhound

35

LONGMEADOW

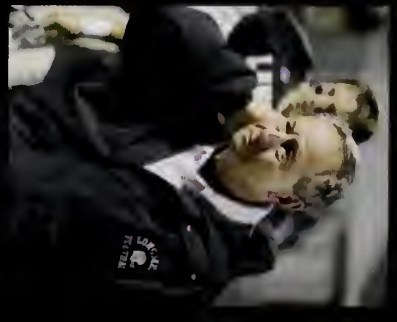
LONGMEADOW
170

LANCERS
15
23

10

LANCERS
24

Football

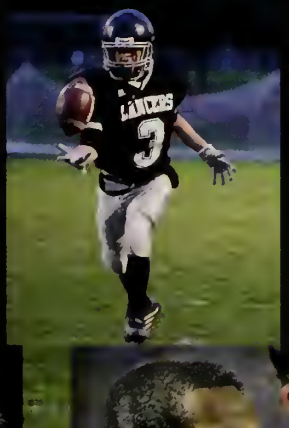


LANCERS 6
LANCERS 35
LANCERS 85
LANCERS 68
LANCERS 5
LANCERS 51
LANCERS
LANCERS 57
LANCERS 23
LANCERS 25
LANCERS 58
LANCERS 17
LANCERS 59

LANCERS 79

LANCERS

LANCERS 5


LANCERS

LANCERS 79

LANCERS

LANCERS

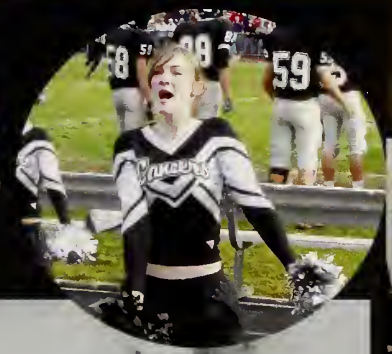
CHEERLEADING

Lancers

Lancers

Lancers

45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59

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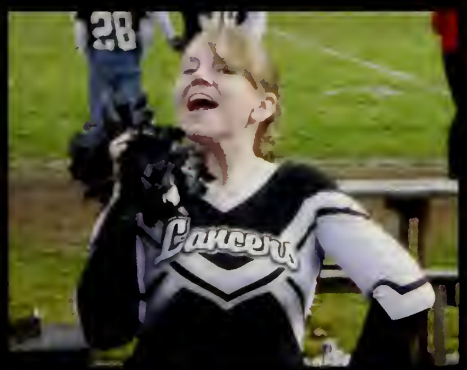
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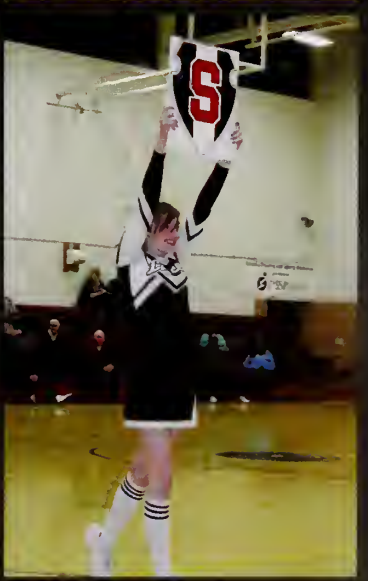
Lancers

LANCERS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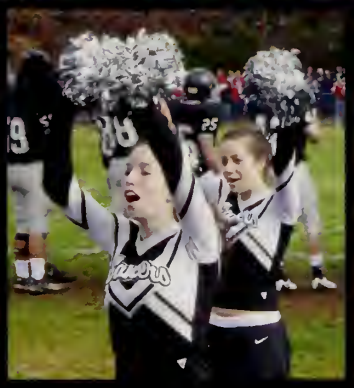
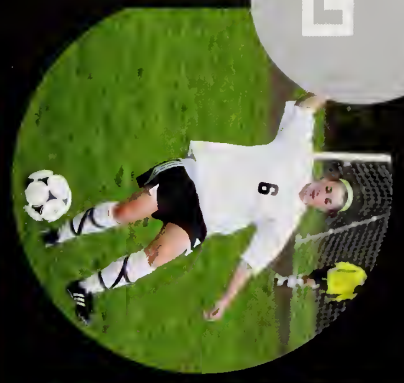


BOYS' SOCCER

Girls' Soccer



19
6
16
22
2
25
14

10
24

21

14
18

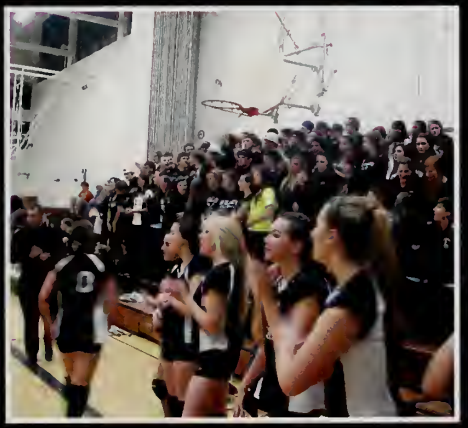
Field Hockey

LONGMEADOW
3
8
11
34
5
15
6
10
23
4
9
30
24
7

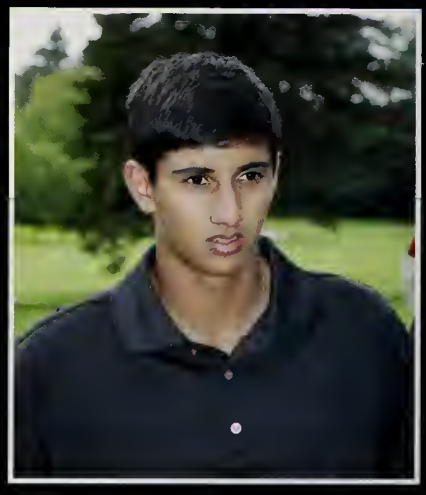
VOLLEYBALL

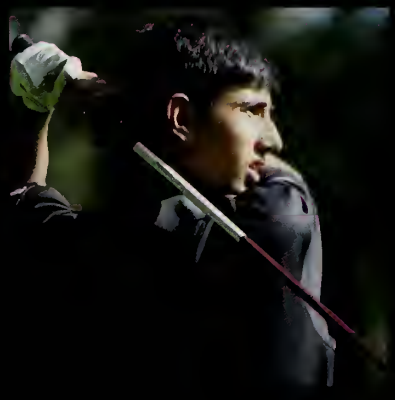
LANSDOWNE LANCER VOLLEYBALL
LANSDOWNE LANCER VOLLEYBALL
LANSDOWNE LANCER VOLLEYBALL
PSSP
14 LHS
7 LHS
6 LHS
2 LHS
12
5 LHS
15 LHS
8 LHS
3 LHS
16 LHS
4 LHS
9 LHS

11
LHS



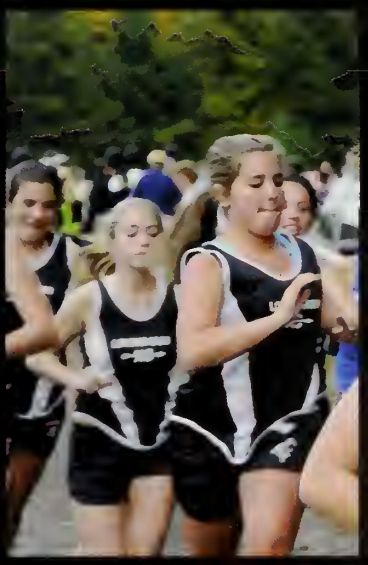
GOLF





Girls' Cross Country

WE LOVE
OUR
SENIORS!



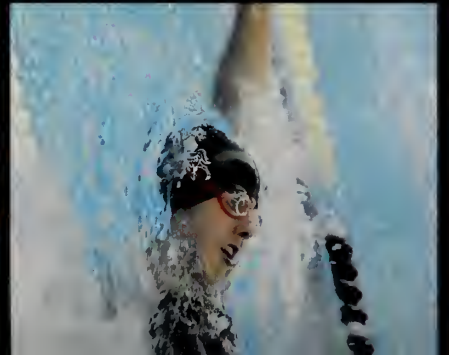
Boys' Cross Country

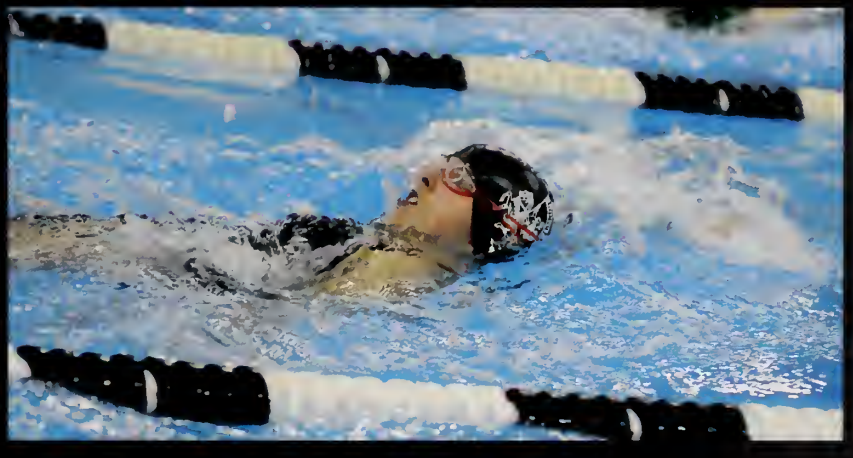
LONGMEADOW

LONGMEADOW

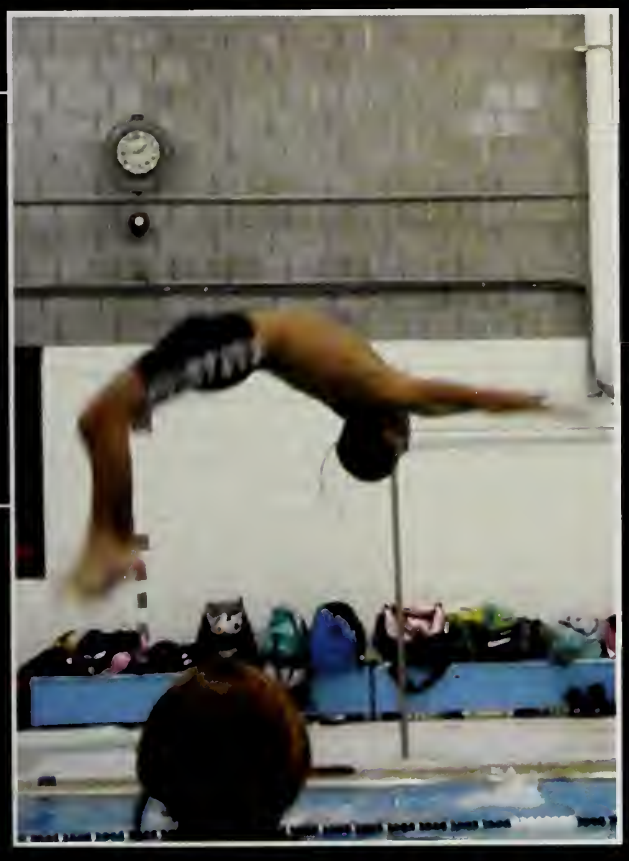
HOCKEY

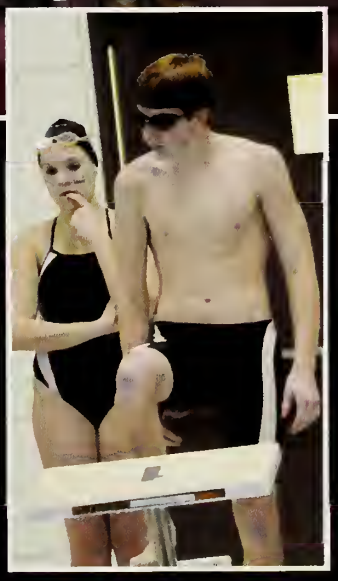
Girls' Swimming/Diving



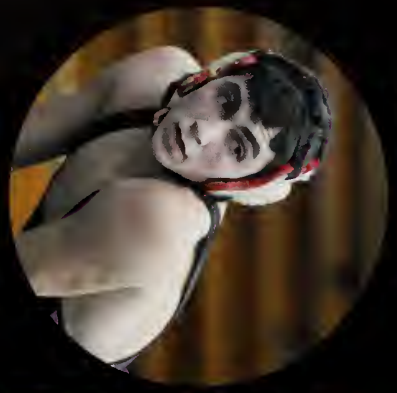


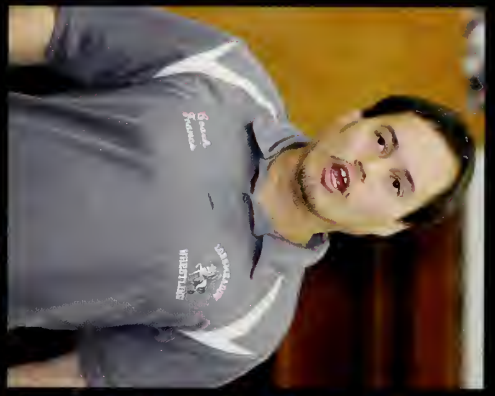
Boys' Swimming/Diving

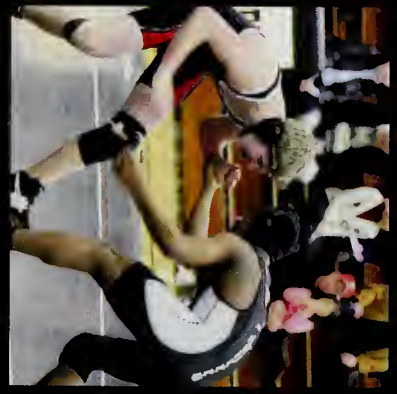


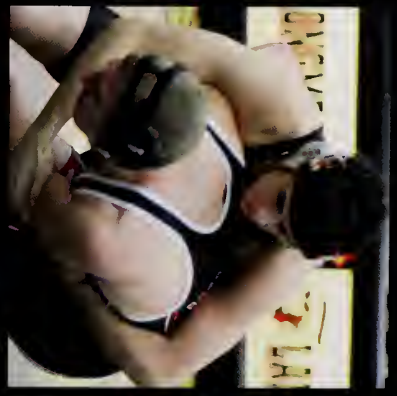


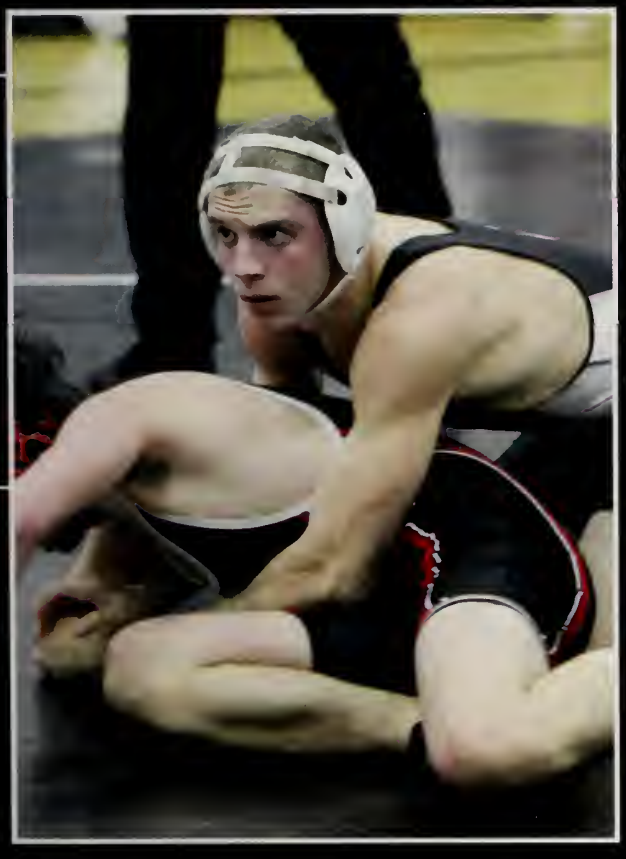
WRESTLING





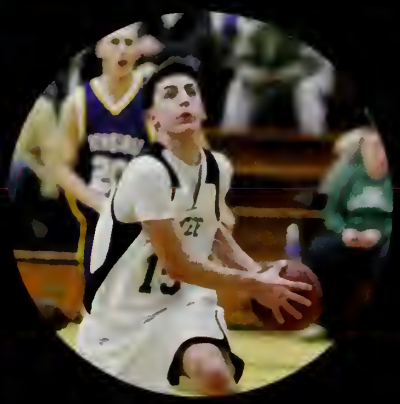






BOYS' BASKETBALL

ROBERT M. D'AGOSTINO GYMNASIUM
30



LANCERS
23

Girls' Basketball

LANCERS
30
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5
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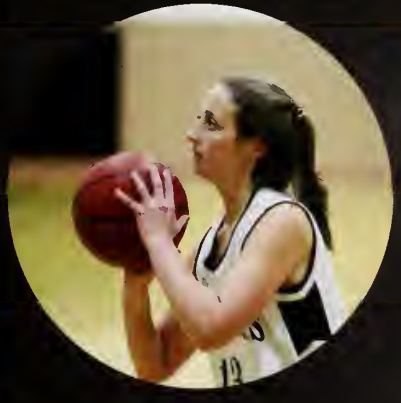
13
23
24
35
34
SPALDING
TF-1000

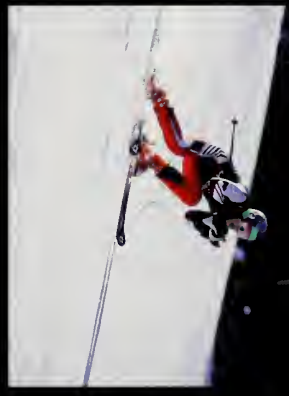
ANCERS
32
HOLYOKE
15

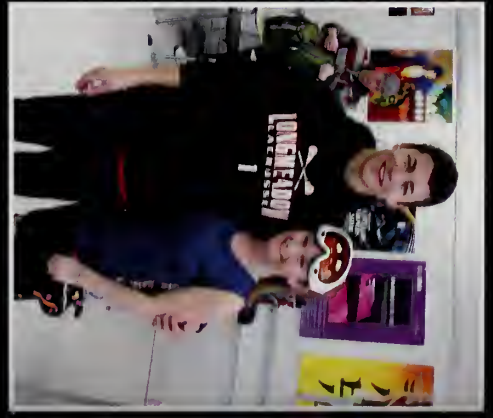
HOLYOKE
24

LANCERS
10

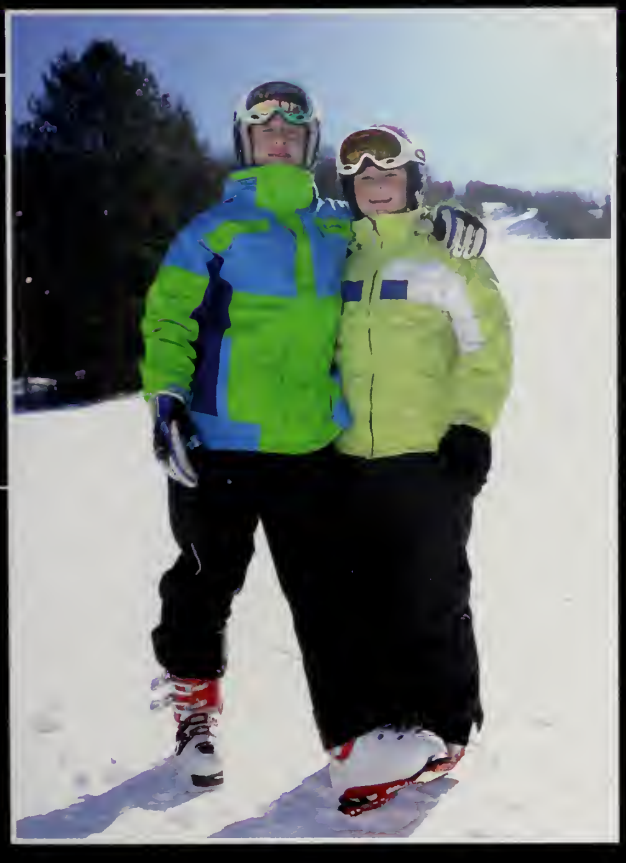


Ski Team

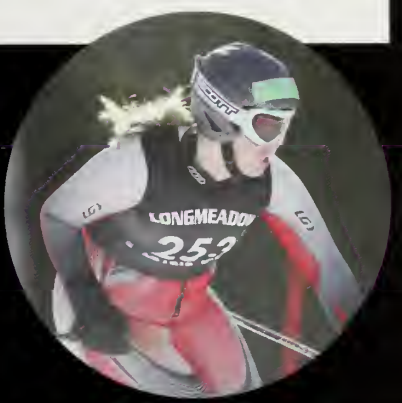




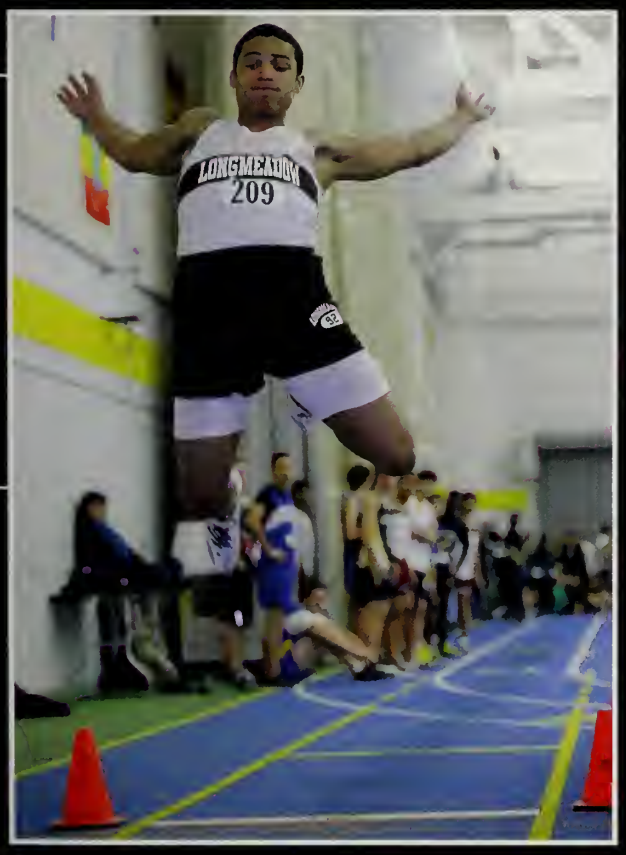
88
LANCERS



86
LANCERS


LONGMEADOW

Indoor Track


LONGMEADOW
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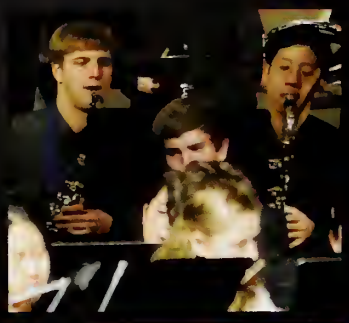
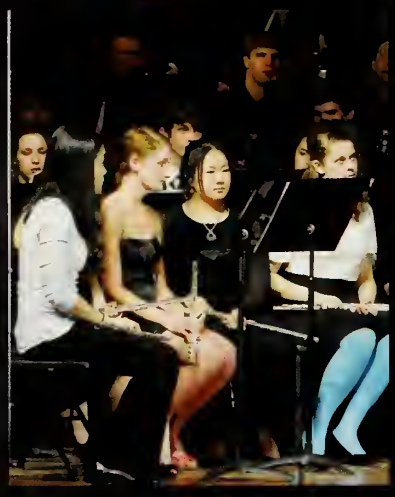
LANCERS

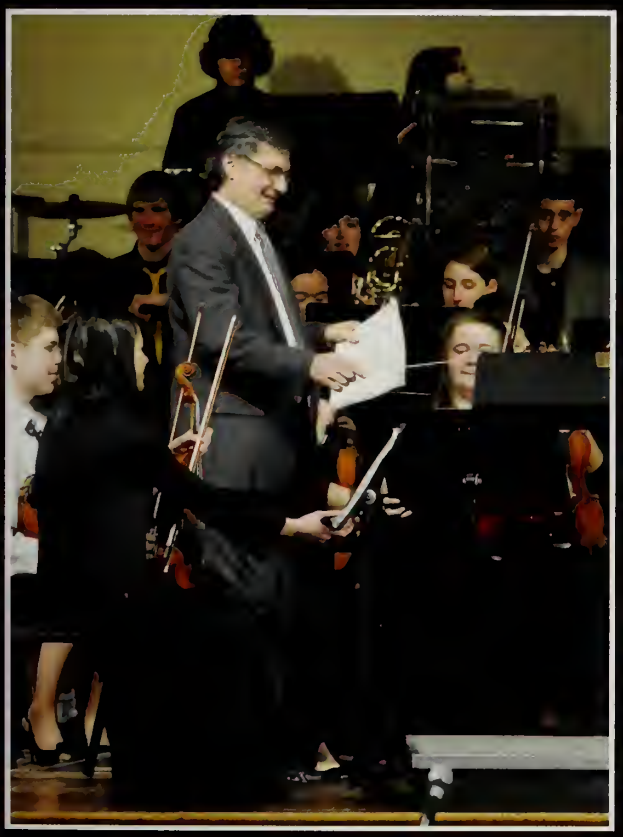
soundtrack

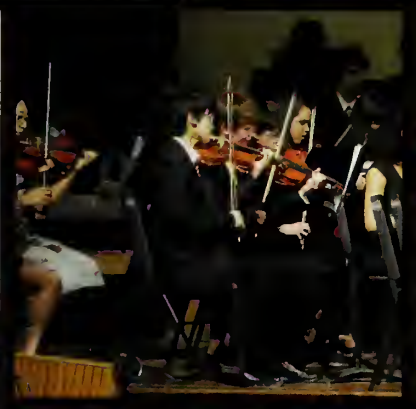
How do you get your music fix?

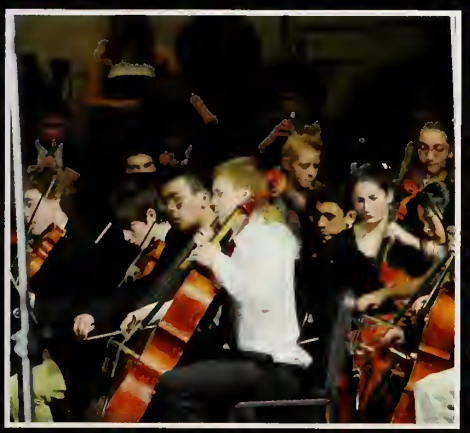
Concert Band

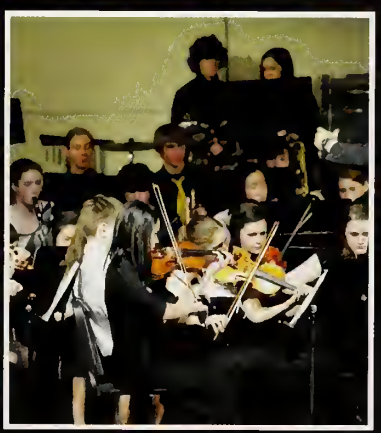












Orchestra

Women's Chorus

Men's Chorus

La Capella

Accidentals

Wind Ensemble

Jazz Ensemble

I Cantori

Lyrics

Super Chorus

Once In A Lifetime...

Clubs and Organizations

Key Club

2009-2010

Jet Jotter

East Asia Club

Yoga Club

Business Club

Interact Club

Unity Club

German Club

Impressions

National Honor Society

Math Team

Art Club

Model UN

French Club

Debate Club

Anime Club

GSA

Drama Club

Computer Club

PeaceJam

Mock Trial

Latin Club

Knitting Club

As Schools Match Wits

Students Against Drunk Driving

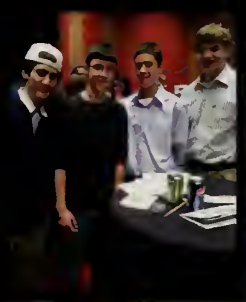
Politics Club

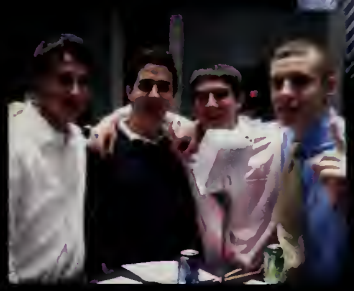
Spanish Club

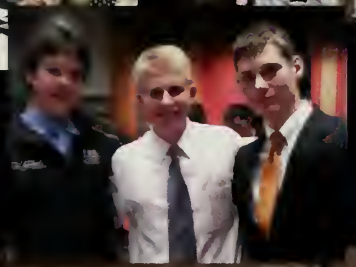
Ultimate Frisbee

Environmental Club

Stock Club

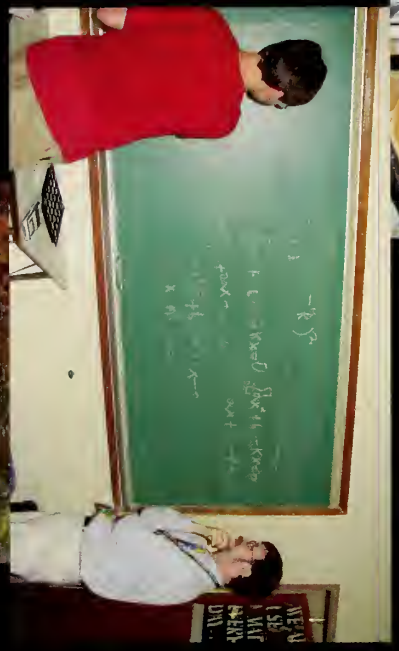






Once In A Lifetime...

Sponsors



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Jillian Bertuzzi

Jillian,

Such a pleasure to watch you grow from an adorable little girl into a beautiful young woman! May your perseverance and strength of character guide you through the next stages of your life and may you find the happiness and success you deserve.

Love, Mom, Dad, Matt & Jared

2009 Soccer League Champions

Darcy, Shea, Ali,
Laura, Jeanne, Bridget, Paige

Thanks for a great season.
Best Wishes!

SARA PUTNAM

Sara,
We are so proud of you! LHS have been fantastic. You've grown so much. CONGRATS!
Love Mom, Dad & Jen

JACK BRESNAHAN

JACK AND TOBY- MAY YOUR FRIENDSHIP AND ADVENTURES CONTINUE ON....
LOVE, YOUR FAMILY

Paul Cangialosi

Congratulations Paul! Continue climbing the tree of life. We know you will succeed and reach the top. We are very proud of you.
Love Always,
Mom and Dad

Max J. Schnaper

"What lies behind us and what lies before us are small matters compared to what lies within us"
Ralph Waldo Emerson

You've worked hard and accomplished so much! We're so proud of you! Congratulations!

Lots of love, Dad, Mom, Helen & Squirt

Takahiro Sato

I am proud of what I have done at Longmeadow High School.

1.The translator for Takigawa student.

2.The section leader of clarinet.

3.I taught Macbeth to the juniors.

I will give you my message. If you have the difficult times on your job, don't give up.
You will achieve.

Congratulations

Alex and Olivia!

Congratulations Girls!!!

We are proud of where you have been and where you are now. We are looking forward to the adventures you are sure to have.

Love, The Casey, Tougias, Piccus, Foley and Deary Families

It started out a little scary....

But they came through with flying colors!

Congratulations to

Alex Pioggia and Olivia Buscemi

With love from their families

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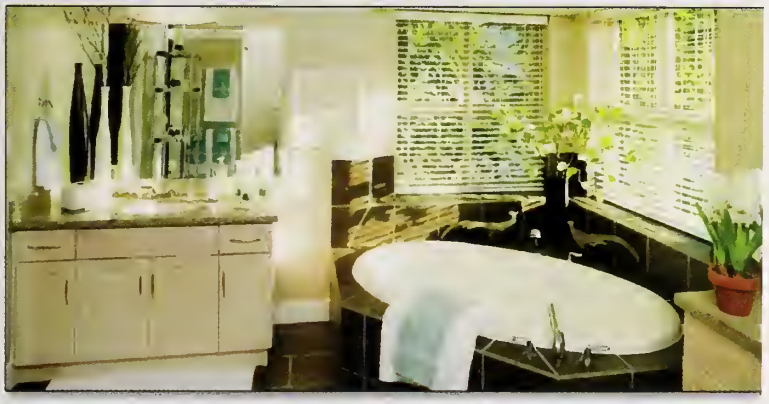

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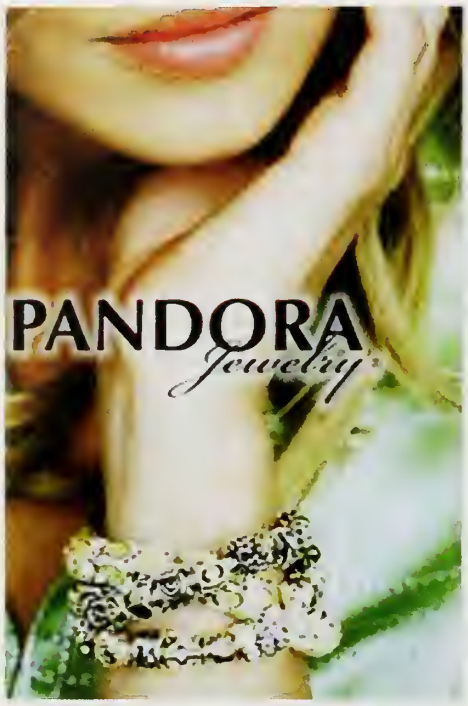

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The Yearbook Staff...or at least the members of the staff that showed up for the picture!

The Yearbook Staff would like to apologize for any errors made during the production of this yearbook. If we spelled your name wrong, made any errors of commission or omission, we are truly sorry.

WORLD BEAT®

09-10

John Angelillo/UPI/Landov

Mario Tama/Getty Images News

Mario Tama/Getty Images News

Ralph Nelson/Warner Bros./Courtesy Everett Collection

Lee/Everett Collection

Tom Dahlin/Stringer/Getty Images North America

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Red Huber/MCT/Landov

Jeff Haynes/Reuters/Landov

Larry Downing/Reuters/Landov

Rebecca Cook/Reuters/Landov

Sam Oldenburg

Noah/Getty Images News

NEWS

HEALTH CARE

Larry Downing/Reuters/Landov

The United States draws closer to providing health care for all with the passage of reform bills in both the House and the Senate.

President Obama orders an increase in troops in Afghanistan with a goal of starting to withdraw forces from the country in July 2011.

Haiti's earthquake – with a magnitude of 7.0 – is declared by the United Nations as the worst disaster it has ever confronted. Aid pours in from the United States and around the world.

EARTHQUAKE IN HAITI

A University of Utah study finds that texting while driving can be up to six times more dangerous than talking on a phone while driving.

THEN & NOW:

Price per gallon of gas in 2000: **$1.26**
2009: **$2.73**
swivel.com, consumeraffairs.com

Movie ticket price in 2000: **$5.39**
2009: **$7.35**
boxofficemojo.com, natoonline.org

VIEWS

BACK-TO-SCHOOL ADDRESS

REBUILDING WORLD TRADE CENTER

GOVERNMENT BANK BAILOUT

H1N1 FLU VIRUS

SENATOR TED KENNEDY DIES

HUBBLE TELESCOPE IMAGES

NOBEL PEACE PRIZE

Mario Tama/Getty Images News

Rick Gershon/Getty Images

Tim Sloan/AFP/Getty Images

Bruce Hoertel/Getty Images

Jim Young/Reuters/Landov

In August, Sonia Sotomayor is sworn in as the Supreme Court's first Hispanic justice and only third female member in the top U.S. court's history.

Yves Herman/Reuters/Landov

Belgian Prime Minister Herman Van Rompuy is elected the first president of the European Council (EU) under the Treaty of Lisbon.

Mario Tama/Getty Images News

The H1N1 virus appears to affect teens more than typical flu viruses. Hand sanitizer is a commonplace sight in classrooms and other public spaces.

H1N1

WELCOME TO FORT HOOD

Justin Sullivan/Getty Images

Saturn of Colma

BUICK PONTIAC GMC TRUCK HILLTOP

Justin Sullivan/Getty Images

America honors the lives of 13 innocent victims of a tragic shooting spree at Fort Hood, Texas, in November.

In efforts to make General Motors more economically viable, the company discontinues the Saturn brand and announces plans to phase out its Pontiac division.

Unemployment rate in 2000: **4%**
2009: **10%**
bls.gov

U.S. population in 2000: **281 million**
2009: **305 million**
census.gov

Facebook users 2000: **0**
2009: **350 million**
theatlantic.com, guardian.co.uk

CHANGING WORLD

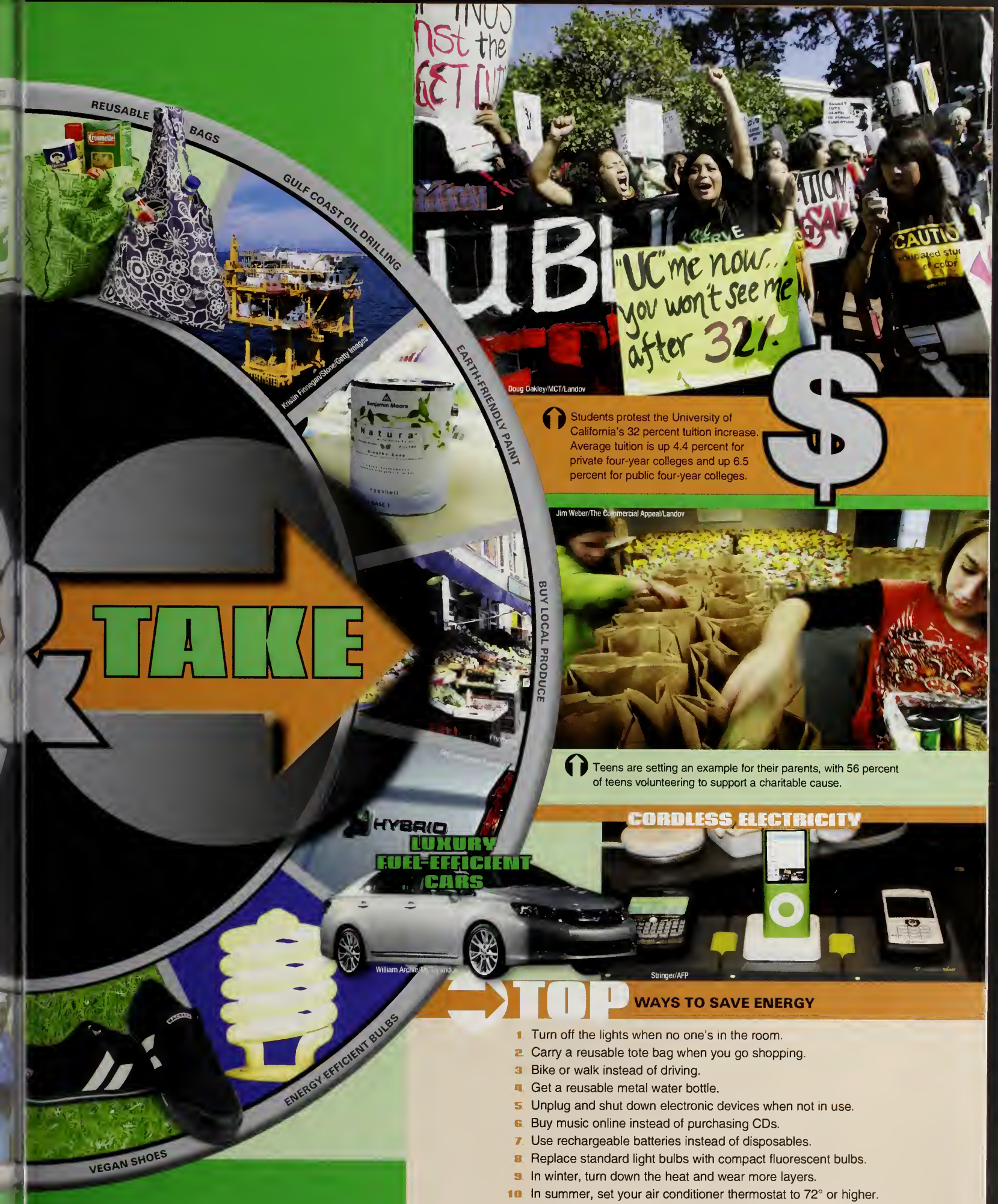
FOOD SHELVES

The number of first-time visitors to food shelves surges, as families cope with the economic recession. Food banks report that demand is up 30 percent on average.

The Armed Forces Network broadcasts five NBA games to U.S. troops on Chnstmas Day. The NBA gives the AFN broadcast rights for free.

Consumers have more alternative fuel options as the number of biodiesel stations continues to grow across the United States.

During October, Breast Cancer Awareness Month, pink products are everywhere: from printers to power tools, snowboards to golf balls, blow dryers to water bottles.



Students protest the University of California's 32 percent tuition increase. Average tuition is up 4.4 percent for private four-year colleges and up 6.5 percent for public four-year colleges.

Teens are setting an example for their parents, with 56 percent of teens volunteering to support a charitable cause.

TOP WAYS TO SAVE ENERGY

1. Turn off the lights when no one's in the room.
2. Carry a reusable tote bag when you go shopping.
3. Bike or walk instead of driving.
4. Get a reusable metal water bottle.
5. Unplug and shut down electronic devices when not in use.
6. Buy music online instead of purchasing CDs.
7. Use rechargeable batteries instead of disposables.
8. Replace standard light bulbs with compact fluorescent bulbs.
9. In winter, turn down the heat and wear more layers.
10. In summer, set your air conditioner thermostat to 72° or higher.

SPORTS

At the Rose Bowl in Pasadena, the top-ranked Alabama Crimson Tide defeats the second-ranked Texas Longhorns to finish the Bowl Championship Series.

Sidney Crosby becomes the youngest captain to hoist the Stanley Cup as he leads the Pittsburgh Penguins to their third championship and first since 1992.

Team USA heads to Vancouver, British Columbia, for the Winter Olympics. More than 200 athletes represent the United States at the XXI Olympic Winter Games.

The New Orleans Saints beat the Indianapolis Colts 31-17 to win Super Bowl XLIV, their first championship title.

PLAYERS

RYAN SHECKLER

LISA LESLIE RETIRES

HEISMAN WINNER MARK INGRAM

RACHAEL FLATT

ROGER FEDERER

STEPHANIE GILMORE

JIMMIE JOHNSON

FAVRE

Brett Favre retires from retirement to lead the Minnesota Vikings. At 40, Favre continues to rewrite the record books, including the most-consecutive regular-season games.

Jeff Haynes/Reuters/Landov

Bob Martin/Sports Illustrated/Getty Images

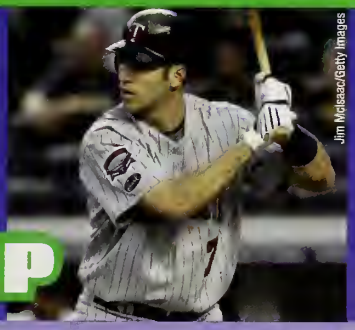
At the 12th IAAF World Championships in Berlin, Jamaican sprinter and three-time Olympic gold medalist Usain Bolt beats his own 100-meter and 200-meter world records.

Cameron Spencer/Getty

Shaun White leads a talented roster for the 2010 Olympic Snowboarding Team that also includes fellow gold medalists Kelly Clark, Hannah Teter and Seth Wescott.

SHAUN WHITE

Minnesota Twins' Joe Mauer becames only the second catcher in 33 years to win the American League Most Valuable Player Award, finishing first in a near-unanimous vote.



Jim Mone/AP/Getty Images

MVP

TOP GAMES/EVENTS OF THE DECADE

2008 Wimbledon final:
Rafael Nadal vs. Roger Federer
Super Bowl XLIII:
Steelers 27, Cardinals 23
World Series 2001, Game 7:
Diamondbacks 3, Yankees 2
2007 Fiesta Bowl:
Boise State 43, Oklahoma 42
2006 Rose Bowl:
Texas 41, USC 38
2008 Olympics:
100-meter men's butterfly, Michael Phelps
2009 Big East tournament:
Syracuse 127, UConn 117 (6 OT)
Super Bowl XLII:
Giants 17, Patriots 14
2002 NBA West finals, Game 7:
Lakers 112, Kings 106 (OT)
2005 UEFA Champions League final:
Liverpool beats AC Milan

MUSIC

Jun Sto/WireImage

After the release of their fifth studio album, the Black Eyed Peas launch The E.N.D. World Tour, with stops in Australia, Japan, Malaysia, New Zealand and Thailand.

Bi[illegible] Diamond/WireImage

Mary Mary's album *Praiseworthy* reaches No.1 on *Billboard*'s Christian & Gospel Album Charts, No. 2 on the Top R&B/Hip-Hop Chart and No. 7 on the *Billboard* Top 200.

Paramore takes home the title of Favorite Rock Band at the MTV's People's Choice Awards. Lead singer Hayley Williams kept in touch by Tweeting with fans throughout the awards program.

Dave Willis/Retna UK/Landov

Taylor Swift has an amazing year with four CMA Awards and the Grammy for Best Album of the Year.

[illegible]ee/Everett Collection

Glee geeks go wild! Volume 1 of the *Glee* soundtrack features 17 songs from the hit Fox show about a struggling high school glee club.

GROOVE

KINGS OF LEON

EMINEM

MILEY CYRUS

LINKIN PARK

GREEN DAY

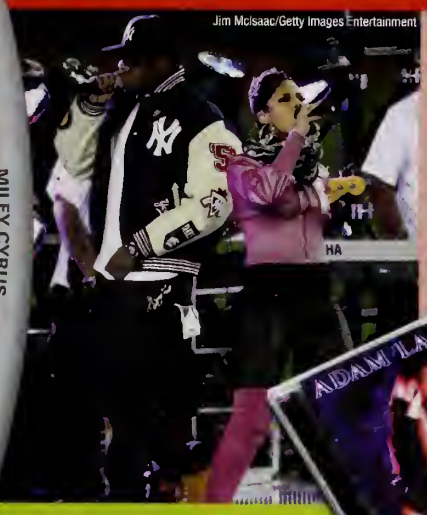
LADY ANTEBELLUM

CBS/Landov

Michael Jackson, the legendary King of Pop, dies unexpectedly at the age of 50, just weeks before his *This Is It* world tour is to begin.

Justin Bieber parlays YouTube fame into a record deal. A crowd of more than 3,000 screaming fans forces him to cancel an appearance at a Long Island mall.

FREE U2 CONCERT ON YOUTUBE



Jim Mcisaac/Getty Images Entertainment

Alicia Keys guest stars on JayZ's album, *The Blueprint 3*. Their joint effort, "Empire State of Mind," is one of the most successful songs of the year.

Kevin Mazur/Wireimage

Beyoncé broke the record for a female artist at the Grammys with six awards, including Song of the Year and Best Female Pop Vocal Performance.

TOP 10 TOP-SELLING ALBUMS OF 2009

Billboard.com

1. *Fearless*, Taylor Swift
2. *I Dreamed a Dream*, Susan Boyle
3. *Number Ones*, Michael Jackson
4. *The Fame*, Lady GaGa
5. *My Christmas*, Andrea Bocelli
6. *Hannah Montana: The Movie Soundtrack*, Hannah Montana
7. *The E.N.D.*, Black Eyed Peas
8. *Relapse*, Eminem
9. *The Blueprint 3*, Jay-Z
10. *Only By the Night*, Kings of Leon

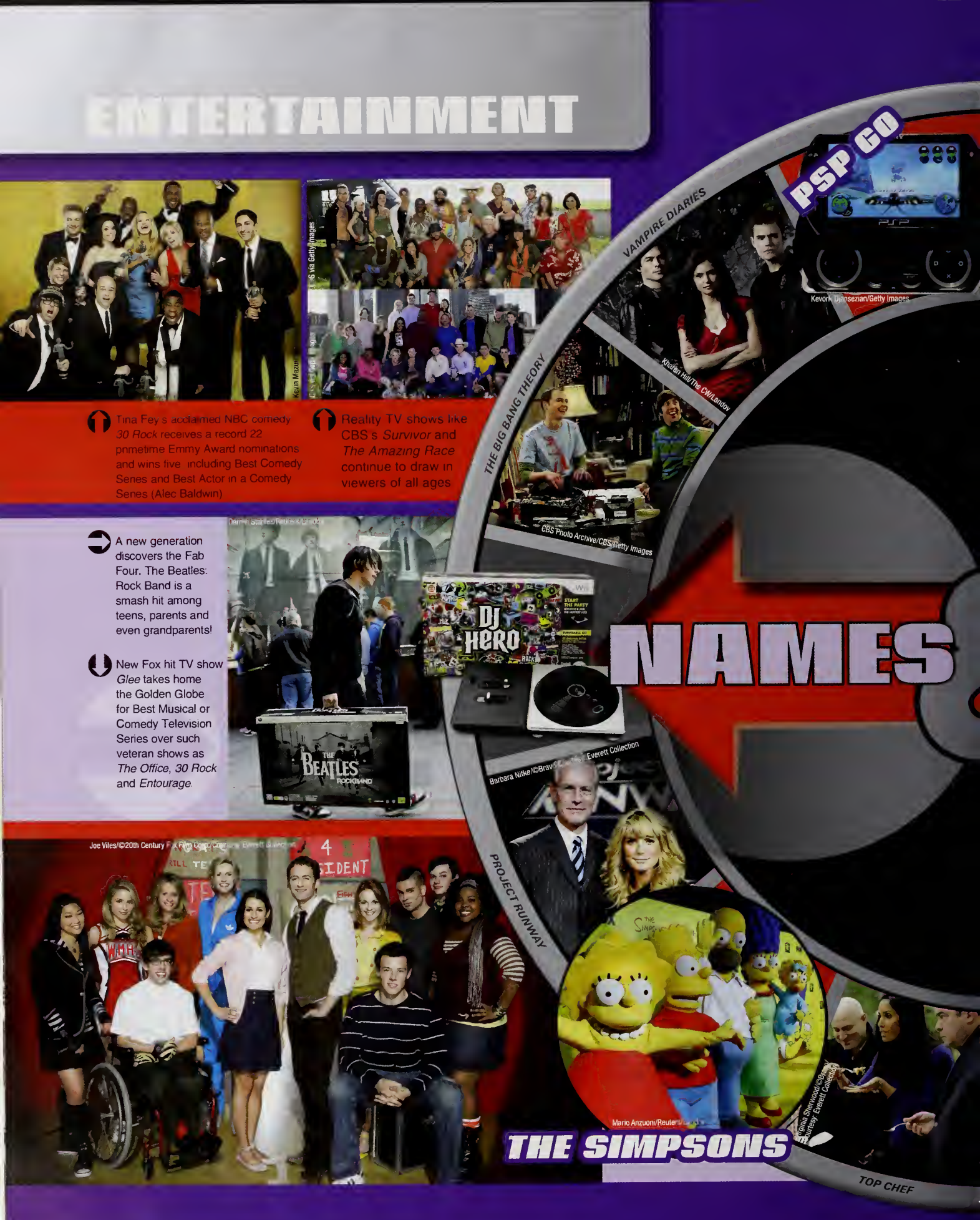
ENTERTAINMENT

Tina Fey s acclaimed NBC comedy *30 Rock* receives a record 22 prnetime Emmy Award nominations and wins five including Best Comedy Senes and Best Actor in a Comedy Senes (Alec Baldwin)

Reality TV shows like CBS s *Survivor* and *The Amazing Race* continue to draw in viewers of all ages

A new generation discovers the Fab Four. The Beatles: Rock Band is a smash hit among teens, parents and even grandparents!

New Fox hit TV show *Glee* takes home the Golden Globe for Best Musical or Comedy Television Series over such veteran shows as *The Office*, *30 Rock* and *Entourage*.



GAMES

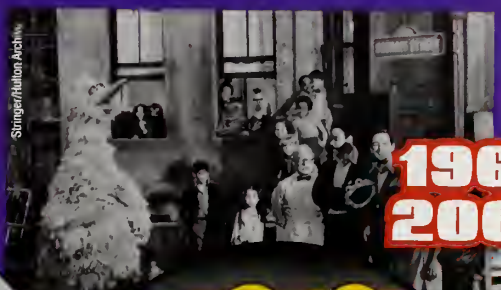
THE HILLS

3-D TV

AMERICA'S GOT TALENT

THE SHERRI SHEPARD SHOW

XBOX LIVE



Stringer/Hulton Archive

Sesame Street, the legendary PBS children's show, celebrates 40 years of ABCs and 123s with the likes of Cookie Monster, Oscar the Grouch and Big Bird.

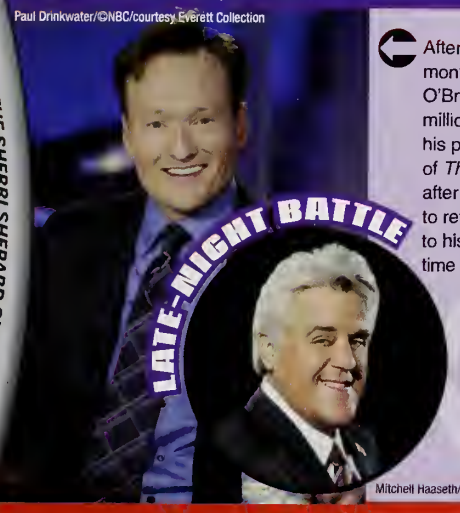
1969 2009

Stringer/Reuters /Landov

1999 2009

SpongeBob SquarePants celebrates 10 years on the air with the debut of *Truth or Square*, a Nickelodeon TV movie featuring celebrity guests and several shocking twists.

©Paramount/courtesy Everett Collection



Paul Drinkwater/©NBC/courtesy Everett Collection

LATE-NIGHT BATTLE

After just seven months, Conan O'Brien receives $45 million to surrender his position as host of *The Tonight Show* after NBC decides to return Jay Leno to his previous time slot.

Mitchell Haaseth/©NBC/courtesy Everett Collection

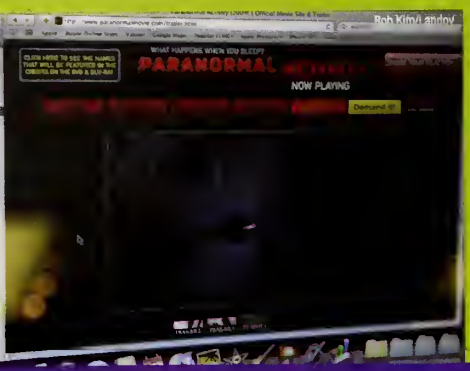
MODERN FAMILY

Bob D'Amico/Disney ABC Television Group/Getty Images

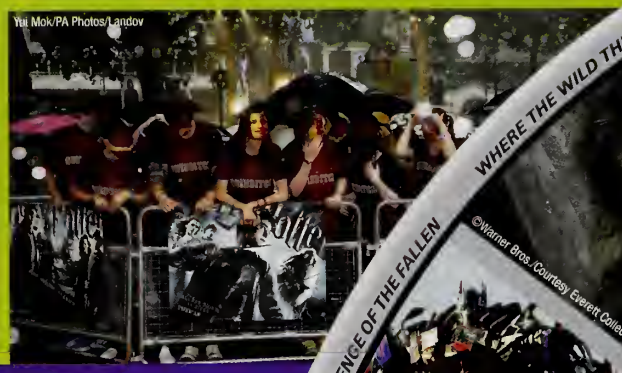
TOP 10 TOP-SELLING VIDEO GAMES OF 2009

1. Wii Fit
2. Wii Play
3. Pokémon Platinum Version
4. Mario Kart Wii
5. Resident Evil 5 (Xbox 360)
6. Killzone 2
7. Call of Duty: World at War
8. Resident Evil 5 (PS3)
9. Halo Wars
10. Street Fighter IV

Source: cnbc.com



After two weeks of limited sold-out shows, 1 million moviegoers submit online requests that cause the nationwide release of *Paranormal Activity*.



Harry Potter and the Half-Blood Prince raked in the biggest midnight earnings of all time, grossing $22.2 million at the box office.

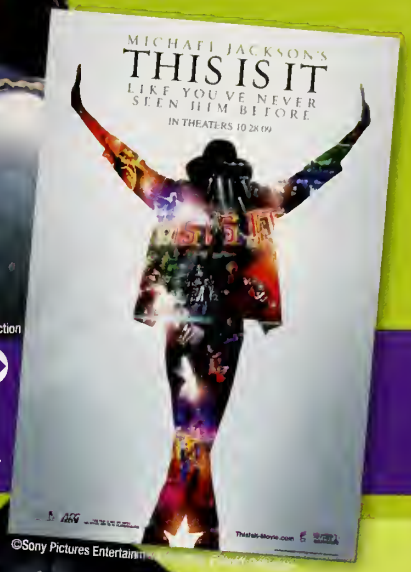
LAUGH

2012

Sandra Bullock wins the Golden Globe for Best Actress in a Motion Picture–Drama for her performance in *The Blind Side*, based on the true story of Baltimore Ravens football player Michael Oher.

In just 41 days, James Cameron's *Avatar* overtakes *Titanic* to become the highest-grossing movie ever worldwide at $1.859 billion.

& CRY



©Sony Pictures Entertainment/courtesy Everett Collection

This Is It, a film about the late Michael Jackson's tour rehearsals, becomes the world's highest-grossing concert movie and documentary.

Are you "Team Jacob" or "Team Edward"? "Twihards" around the world swoon over the supernatural love triangle in *The Twilight Saga: New Moon*.

THEN & NOW

TOP 10 BOX OFFICE HIT MOVIES

2000	2009
1. *How the Grinch Stole Christmas*	1. *Avatar*
2. *Cast Away*	2. *Transformers: Revenge of the Fallen*
3. *Mission: Impossible II*	3. *Harry Potter and the Half-Blood Prince*
4. *Gladiator*	4. *The Twilight Saga: New Moon*
5. *What Women Want*	5. *Up*
6. *The Perfect Storm*	6. *The Hangover*
7. *Meet the Parents*	7. *Star Trek*
8. *X-Men*	8. *The Blind Side*
9. *Scary Movie*	9. *Alvin and the Chipmunks: The Squeakquel*
10. *What Lies Beneath*	10. *Monsters Vs. Aliens*

Boxofficemojo.com

The Blanket That Has Sleev
Snuggie
Keeps Yo
Warm And
Hands Fre
• Keeps Hands Free
• Super-Soft Fleece
• One Size Fits All – Adults
• Machine Washable
Blue
Super Soft Flee
Snuggie, the blanket with sleeves, is a runaway hit. The company introduces versions for kids and pets and features designer styles in a fashion show.
LAYERS
LAYERS
LAYERS
NORTH FACE JACKETS
MUK LUKS
RAIN
BOOTS
OVERSIZED RINGS
GIRLS
CARDIGANS
UGG
BOOTS
METALLIC NAIL POLISH
SCARVES
FUZE
slenderize
Strawberry Melon
FUZE
refresh
Strawberry Guava

TOP 10

FASHION TRENDS

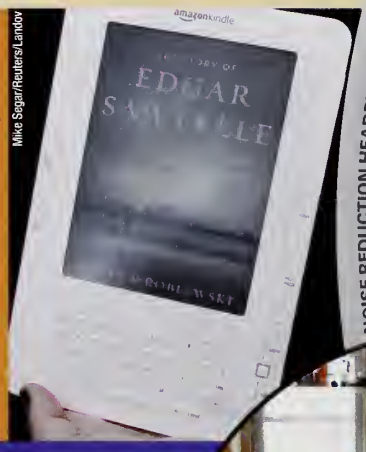
1. Skinny jeans
2. Big '80s shoulders
3. Over-the-knee boots
4. Graphic tees
5. Hoodies
6. Animal prints
7. Rachel Roy bags
8. Ripped jeans
9. '90s grunge
10. Flared jeans

teenvogue.com, teenfashion.about.com

Quinceañeras, the Latin American culture's coming-of-age celebration on a girl's 15th birthday, are becoming larger and more elaborate like Sweet 16 parties.

More than half (55 percent) of Americans ages 12-17 use social networking websites.

Now you can carry a whole library in a device the size of a hardcover. Consumers crave readers like Amazon's Kindle and the Sony Reader.



In January 2010, teen employment rates hit a record low of 26.2 percent due to a lack of entry-level jobs available at the minimum wage.

HOT

TEEN EMPLOYMENT

Pass the potatoes, please. Busy families are cutting back on expensive take-out meals and making time to sit down together for healthier, home-cooked family dinners.

HAND SANITIZER

CELL PHONES

SUSTAINABLE FORESTRY INITIATIVE Certified Chain of Custody

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